THE CRAZY WISDOM COMMUNITY JOURNAL

ANN ARBOR'S HOLISTIC MAGAZINE

FREE

SEPTEMBER THROUGH DECEMBER 2013

— Tantré Farm —

Agricultural and Spiritual Bounty

Deb Lentz, Richard Andres, and their daughter Ariana

Also inside...

Awakening: A Map of the Territory

Musician and Educator Ed Sarath on Improvisation and Creativity

Scent as a Tool for Spirituality and Health

Milagros Paredes and Stefanie Cohen on Whole-Body Healing • Gelek Rimpoche • Dr. Swaroop Bhojani's Unique Journey with Food and Health • Sierra Hillebrand on Infant Massage • Yogi Wisdom from Nepal to Ann Arbor • Dr. Molly McMullen-Laird • Tiffany Mazurek • Dr. Mazhar Shaik • Kids in the Concert Hall • What's New in the Community • and More

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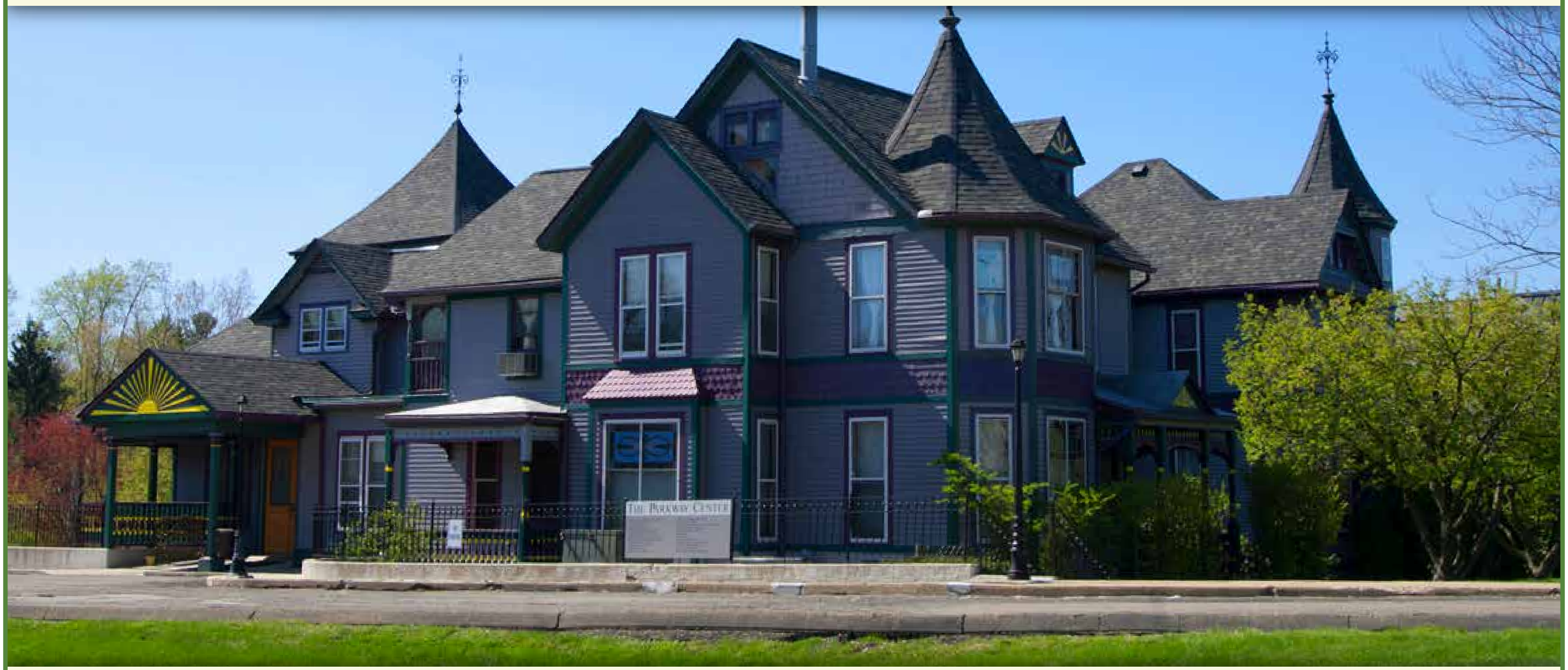

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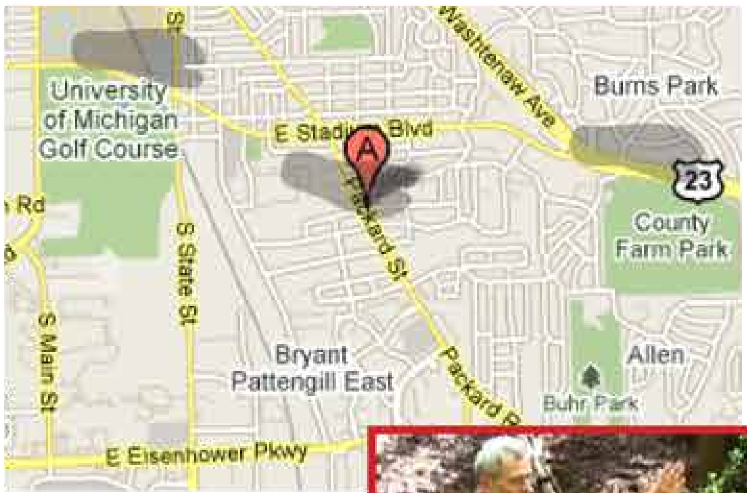

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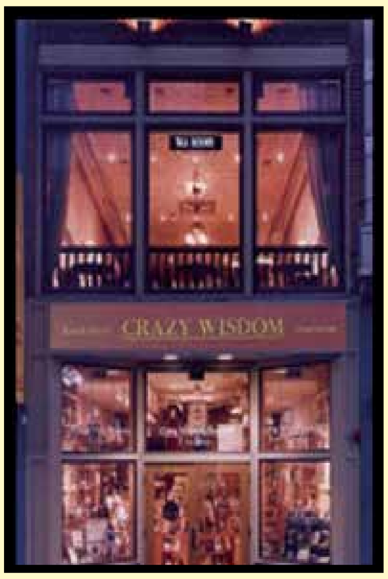

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Crazy Wisdom Bookstore was founded in 1982 by Aura Glaser. Jonathan Ellis helped the store's transition to new ownership in 1989, and since 1989 it has been owned by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

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The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Since l982, Crazy Wisdom Bookstore has served as a center of information in the subjects of conscious living, holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. ***The Crazy Wisdom Community Journal*** is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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— This issue will be posted on our website as of September 1, 2013 —

The deadline for **free calendar submissions** for the January thru April 2014 issue is **Monday, November 18**, and the deadline for **paid advertising** is **Monday, December 2**. The issue will be distributed starting in the last week of December. 10,000 copies of The Crazy Wisdom Community Journal are printed, and they are available at our bookstore as well as at more than 225 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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Yogi Wisdom *from* Nepal *to* Ann Arbor

By Roshani Adhikary

WHETHER it's in the high regions of the Himalayas or the low flatlands of the Midwest, there seems to be an abundance of life lessons teeming all around us. As a Nepali-American Ann Arborite who recently spent two years living in Nepal's capital city, Kathmandu, I feel it would be a grave disservice to hoard all of my momentous revelations. Working full-time as a yoga instructor throughout my time in Nepal, I had the luxury of conducting yoga treks along various mountain ranges (Poon Hill, 10,531 ft; Khaptad National Park, 10,800 ft; Gosaikunda, 14,370 ft; and Kala Patthar, 18,192 ft) during the biannual trekking seasons. Fortunately, my fluency in both English and Nepali allowed me a unique glimpse into the life of locals as well as a vast touristic populace. For those of us living in the Midwest, here are the top three life lessons I've gleaned — the lessons I feel are the most imperative for a more fulfilling life. I've included my own experiences from Nepal with each life lesson and added an applicable example for our more modern Western lifestyles.

Greetings Matter!

I will be the first to admit that I often walk past people without ever making eye contact, particularly during the winter months. Yoga treks in Nepal were sometimes brutally lonely. Aside from the few people I had with me in the more rural regions (Khaptad/Gosaikunda), I would hike four or five hours without bumping into a single person. Inevitably, when such a meeting would finally occur, the fellow passerby would greet me, palms pressed at heart center, with a warm smile and a humble offering, *"Namaste."*

When literally translated from Sanskrit to English, the word *Namaste* means, "The soul within me bows down to the soul within you." The physical gesture to accompany this word is always two palms uniting right above the heart with one palm symbolizing the greeter, the other palm representing the listener, and the placement of both gesticulating the sincerity of the greeting from deep within one's heart.

> When was the last time someone offered you, as a total stranger, the opportunity to unite souls?

Every time I experienced this, the brilliance and complete magnitude of the gesture took my breath away. When was the last time someone offered you, as a total stranger, the opportunity to unite souls?

One way to apply this here in Ann Arbor is to make a connection with those around you. In English there's a similar belief — "Eyes are the window to the soul," we often say. From now on, let's vow to make more eye contact as we walk past people. Maybe we can even extend a smile! It's a small start, but it could have a radical effect. If someone is feeling invisible and wondering whether anyone notices him or her, direct, soulful eye contact coupled with a smile becomes as sacred as the word *Namaste*.

> If someone is feeling invisible and wondering whether anyone notices him or her, direct, soulful eye contact coupled with a smile becomes as sacred as the word *Namaste.*

Release the Kid Within

The summit up to Kala Patthar is an arduous climb for a novice like yours truly. With the thinning air and increased altitude, I felt more frustrated and completely out of any Zen-mode I had hoped to achieve. Burnt out in the makeshift lobby of our rustic lodge at day's end,

Photo by Julianne Popovec

> A way we can release the kid within us is simple: take a moment to soak in the experience. Visit the Hands-On Museum, paint with your hands, play on the grounds of the Arboretum. You won't regret it.

I plopped myself down on a plastic lawn chair situated quite hazardously by the open, indoor fire pit. I reached into the pocket of my cargo pants in hopes of finding my Bodhi Balm, a handy natural muscle soother. Instead, I looked down to find a portable kaleidoscope I had forgotten to leave at home. *Man, of course I would have this instead of my cream*, I thought. I released a sigh of exasperation and slumped my shoulders.

Adjacent to me was a Tibetan Buddhist monk from the nearby Tengboche Monastery dressed in the traditional maroon robe and golden silk blouse. I'd noticed him during our hike. Sometimes he was ahead of us, sometimes he was behind. All the while a content look remained on his face. He raised an eyebrow and asked, in Nepali, what the matter was. A bit embarrassed, I confessed how unprepared I felt. "To make matters worse, I left my muscle soother at home and packed this stupid toy instead," I blurted before realizing how negative I sounded. The monk's training was in painting *Thangkas*, elaborate paintings on silk with intricate mandalas or Buddhist deities. He had never seen a kaleidoscope before.

"Toy?" he asked, pointing with curiosity to the object in my hands.

"Yeah, it's called a kaleidoscope. Here, have a look." I extended my arm and explained, "Shut one eyelid and peek in with the other. Point it to the fire so there's enough light to see the patterns," I directed almost robotically. The perfect student, the monk immediately did as I said. Before I could even finish offering him instructions, I noticed the most spectacular look of wonder appear on his face. The sheer astonishment as he pulled the kaleidoscope away from his face to cry, "This is brilliant!" was so endearing. Something about the magic in that moment provided me with a much-needed second gust of life.

I gave him my kaleidoscope as a token of my gratitude and carried on the rest of my climb with a similar sense of wonder.

Recently, I've started teaching multiple sessions of kid's yoga classes. To see the excitement in the faces of these tiny Yogis is awesome. A way we can release the kid within us is simple: take a moment to soak in the experience. Visit the Hands-On Museum, paint with your hands, play on the grounds of the Arboretum. You won't regret it.

> Going on the yoga treks in Nepal was invigorating to my spirit because it forced me into a situation where I had to disconnect from modern day technology. . . . These two-week long journeys provided a lifetime of renewal as I reconnected with nature.

Disconnect to Reconnect

Ladies and gentlemen, my name is Roshani, and I am a Facebook addict. To give you an idea of just how bad my addiction is, I will be quite transparent: I have four active Facebook accounts. I check the newsfeed on all four accounts like clockwork, and I change my status on a daily basis. Going on the yoga treks in Nepal was invigorating to my spirit because it forced me into a situation where I had to disconnect from modern day technology. On the more rural routes, there was no electricity or running water, let alone Wi-Fi. These two-week long journeys provided a lifetime of renewal as I reconnected with nature.

In our lives it seems impossible to apply this life lesson. Not everyone has the means, the time, or the capability to escape to the Himalayas. Not to worry. Allocate one weekend a month where you shut off your cell phones, unplug your TV, hide your laptops and iPads, and just enjoy the autumn season. Observe the changing colors of the leaves. Take a walk in your neighborhood. Maybe even knock on your neighbor's door, take a moment to chit-chat, invite them over for tea or coffee, and share how your days have been going. If you don't have one weekend a month to go technology-free, try one weekend a year, a day a month, or even just one afternoon. Make the time to disconnect. Reconnecting with yourself is the greatest gift you can offer your soul. *Namaste!*

Roshani Adhikary is a certified yoga instructor and a freelance writer. Find her on Facebook: www.facebook.com/yogini.roshani or email her at:roshani734@gmail.com.

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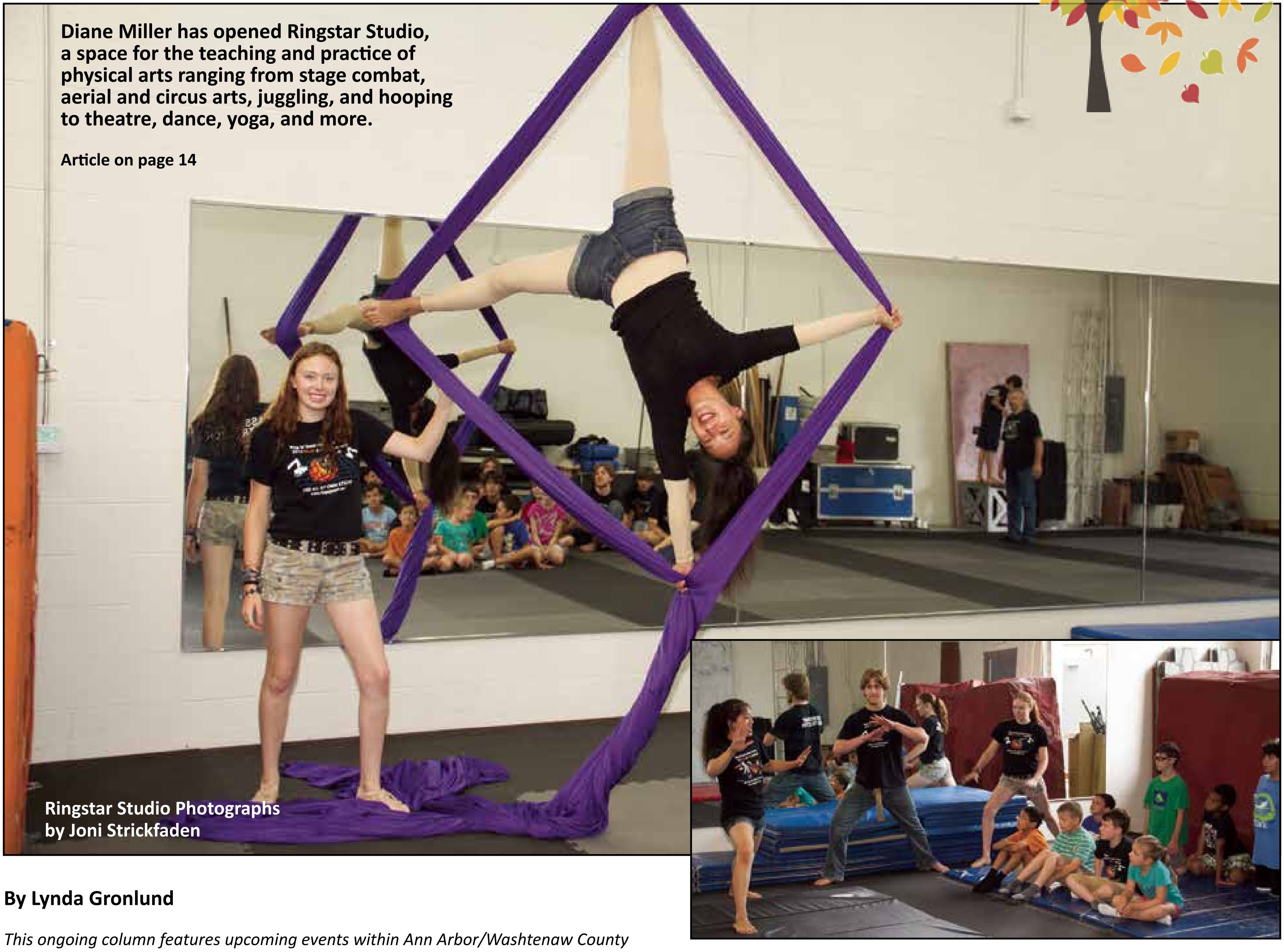


Diane Miller has opened Ringstar Studio, a space for the teaching and practice of physical arts ranging from stage combat, aerial and circus arts, juggling, and hooping to theatre, dance, yoga, and more.

Article on page 14

Ringstar Studio Photographs by Joni Strickfaden

By Lynda Gronlund

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

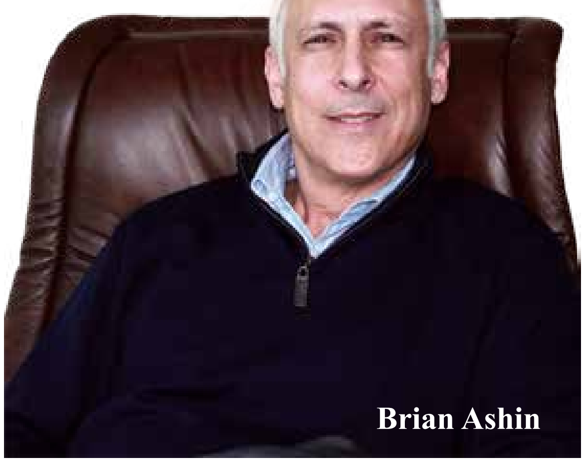
New Offerings by Established Businesses and Practitioners

Elephant Ears, a baby and children's store located in Kerrytown, has developed an educational gift registry experience for families expecting a new baby. The experience is like a consultation: a trained staff member asks the family many questions to make recommendations for items to include on the gift registry. The staff member supports and values the family's choices. Families may want to discuss topics such as whether to breastfeed or not and for how long, and whether to practice "babywearing" (carrying the child using a sling, so that the parents' hands are free during much of the day). While decisions are placed firmly in the hands of the family, staff members can provide information on the most recent research and best practices in these areas. They actively listen to help the family express their expectations and desires, and then assist the family in creating a gift registry that will allow relatives and friends to give the family the items they truly want and need for the baby. Babywearing educator Angelique Geehan explains that the process is "less about sales; more about matching." She says a lot of expectations are placed on families regarding baby registries, and Elephant Ears can even serve as an impartial third party that can field questions from well-meaning gift givers who may not understand the plans and intentions of the new parents.

Elephant Ears, a baby and children's store located in Kerrytown, has developed an educational gift registry experience for families expecting a new baby. The experience is like a consultation: a trained staff member asks the family many questions to make recommendations for items to include on their gift registry.

Store owner Becca Morse is a lactation and babywearing educator and has trained her staff to be knowledgeable about the products in the store and their use. Families who may feel overwhelmed by the registering process can be empowered by the consulting experience and gain clarity in their plans for caring for the child. Morse is selective about the products she carries — they must be well-made and consistent with current best practices; it helps if they are also fair trade and sustainable. Elephant Ears carries a wide range of items, including bedding, diapering products, nursing products, clothing, slings and carriers, feeding items, toys, strollers, car seats, and more. The store has a price-match guarantee, and the high-quality products and personalized experience may come at a more reasonable price than new families would expect.

Elephant Ears is located at 415 N. Fifth Avenue, Ann Arbor, MI 48104, and its website is www.elephantearsonline.com. The store can be reached by phone at (734)622-9580 or by email at sales@elephantearsonline.com.



Brian Ashin

Brian Ashin, L.M.S.W., C.G.P., moved his psychotherapy practice from Oak Valley Drive to Kerrytown in April 2012 and has recently added an evening group therapy time for interested people. Ashin explains that his group therapy sessions help people develop emotional resilience and resolve long-standing self-defeating patterns. In a group setting, "the problems come alive," says Ashin, and clients are able to both observe and understand their own negative patterns better, as well as help others in the group to define and understand their patterns, too.

Brian Ashin, L.M.S.W., C.G.P., moved his psychotherapy practice to Kerrytown in April 2012 and has recently added an evening group therapy time. Ashin explains that his group therapy sessions help people develop emotional resilience and resolve long-standing self-defeating patterns.

The new group therapy time is on Thursdays from 5:00 to 6:30 p.m., and new members are welcome. Ashin also offers individual and marital therapy and brings over 20 years' experience to his clients.

Brian Ashin's office is located at 300 N. Fifth Street, Ann Arbor, MI 48104. His website is brianashin.com, and he can be reached with questions or appointment requests by phone at (734) 678-3281 or by email: brian@brianashin.com.

Laurel Emrys

After living in Austin, Texas, for 22 years, musician, teacher, and brainwave optimization coach Laurel Emrys has returned "home" to Ann Arbor. Musically, Emrys plays in the band Celtic Jam and performs as a soloist on harp and flute. She has designed and leads an interactive musical exhibit for children at the Ann Arbor Hands-On Museum. She teaches harp, flute, music theory, composition, and piano lessons to children and some adults, and she is also a piano tuner and recording engineer. Her 1996 Serenity Records album *Welcome to Earthaven* was voted several years running as the "best album" for bodywork and massage by the American Massage Association.

Musician, teacher, and brainwave optimization coach Laurel Emrys developed a brainwave optimization coaching system called BrainFlex, which helps people "tune-in" to their brainwave states and shift themselves out of habitual "fight-or-flight" conflict states.

Having suffered from chronic pain in the past, Emrys is also passionate about healing and has found brainwave optimization to be very relevant to her interest and talents in music and sound. Brainwave optimization uses sound to help the brain recognize and change faulty patterns. She has developed a brainwave optimization coaching system called BrainFlex, which teaches people to "self-optimize" without always depending on computer equipment as in traditional brainwave optimization. She explains that BrainFlex helps people "tune-in" to their brainwave states and shift themselves out of habitual "fight-or-flight" conflict states. Part of the system is called Resonant Core Tuning (RCT), which Emrys used to conquer her own severe chronic pain. RCT uses a mix of breathwork, core muscle strengthening, sound healing tones, and inner body awareness to heal and care for the self. Within six months, she will be publishing a book about the BrainFlex system.

Emrys says that BrainFlex is her "way of contributing to growing world peace," by starting from the individual and resonating outward to affect others positively. She says that it is an excellent way to incorporate "the cosmic plus the practical," having benefits both for the self and for the world affected by the self.

Emrys is available for musical performances, music teaching, and tuning as well as for coaching in the BrainFlex system. She says that despite enjoying her life in Texas, she is happy to be back in Ann Arbor, which feels like her "real home."

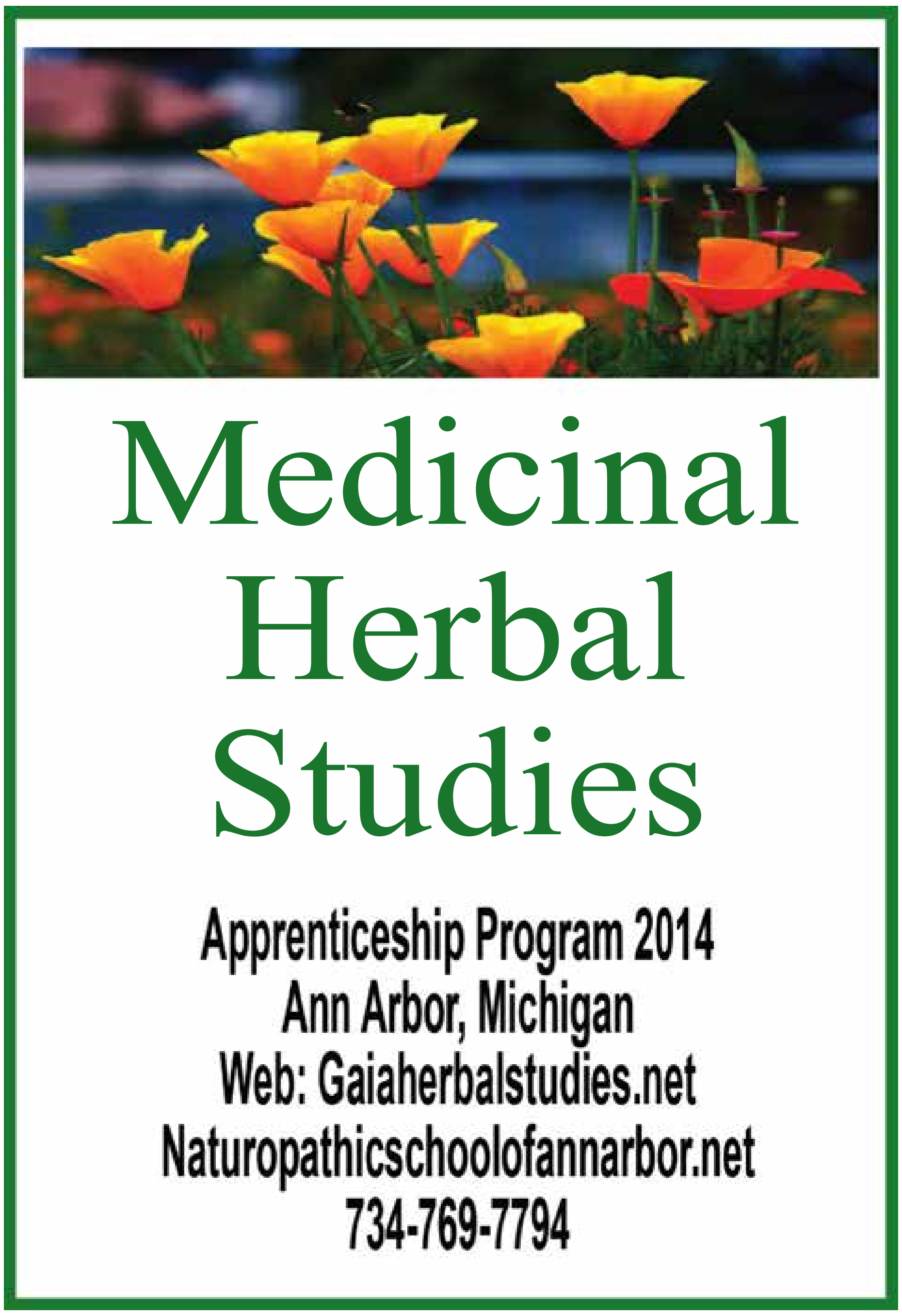
Laurel Emrys' website is in progress at www.laurelemrys.com. She can be reached at (734) 761-7699 or laurelemrys@yahoo.com.

Anita Rubin-Meiller

Anita Rubin-Meiller, L.M.S.W., has been a clinical social worker in private practice since 2001. This year she has added a new focus on the healing power of self-compassion that she will offer in individual sessions, workshops, and groups. This work is offered in the form of workshops: "Healing Through Compassionate Life Review" and "Living Gently with Ourselves: A Group for the Practice of Mindful Self-Compassion." The new focus has come through Rubin-Meiller's weaving together of her experience working with older adults and trauma survivors with more recent training in Mindful Self-Compassion practices, and her own life experiences and spiritual path.

Rubin-Meiller developed Compassionate Life Review after studying Mindful Self-Compassion, a therapeutic practice created by Christopher

Continued on page 12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Certified in EMDR

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- Compassionate Life Review workshops & consultations
- Living Gently: a group for the practice of self-compassion and self-forgiveness
- Weekly therapy group for sexual trauma survivors

Phone: 734-332-0669
www.gentlebe-ing.com

What's New in the Community

Continued from page 11

Germer (Harvard) and Kristin Neff (University of Texas at Austin). Compassionate Life Review is a therapeutic process that can help put one's life into perspective. It is especially useful at times of big transitions or when one is faced with multiple life changes and challenges, and struggling to find new meaning and purpose. The Compassionate Life Review process can foster connection between the lessons learned, the strengths gathered, and the unique qualities of the self that have been expressed over a lifetime. Incorporating practices such as journaling, Mindful Self-Compassion, and trauma resolution (if indicated) through Eye Movement Desensitization and Reprocessing (EMDR), it can also awaken awareness of regrets, unfinished grief, and unresolved issues in a way that allows healing and self-forgiveness. These workshops are scheduled through local business Intentional Legacies (formerly Peaceful Crossings; www.peacefulcrossings.com) and are listed on Rubin-Meiller's website.

Anita Rubin-Meiller, L.M.S.W., has been a clinical social worker in private practice since 2001. This year she has added a new focus on the healing power of self-compassion that she will offer in individual sessions, workshops, and groups.

Living Gently is a 10-week group that is offered twice a year and focuses on skill building with a combination of teachings, discussion, and meditation practices for fostering mindfulness, lovingkindness, self-compassion, and self-forgiveness. The next Living Gently group is scheduled to begin on Tuesday, September 10.

More information is available at www.gentlebe-ing.com. Anita Rubin-Meiller can be reached by phone at (734) 332-0669 or by email at anita1018@sbcglobal.net. Her office is located at 1935 Pauline Boulevard, Suite 200, Ann Arbor, MI 48103.

The People's Food Co-op in downtown Ann Arbor is the first grocery store in Michigan and the second co-op in the nation to adopt the *HowGood* sustainability rating system. *HowGood* was developed by brothers Alexander and Arthur Gillett after seven years of research. The system allows shoppers to see at a glance what products are the most sustainable with labels of "Good," "Very Good," and "Great." The ratings are based on three factors in their manufacturing: environment (carbon footprint, waste management, treatment of animals, etc.); social responsibility (corporate ethics, working conditions, etc.); and product integrity (pesticide use, preservative content, chemical additives, etc.).

The People's Food Co-op is the first grocery store in Michigan and the second co-op in the nation to adopt the *HowGood* sustainability rating system. The system allows shoppers to see at a glance what products are the most sustainable with labels of "Good," "Very Good," and "Great."

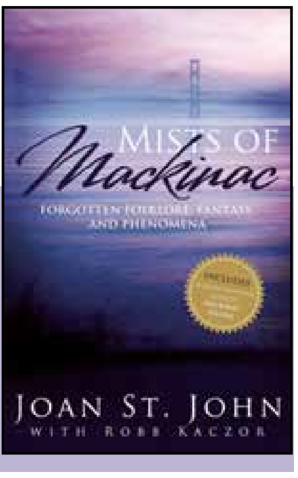
HowGood has rated over 100 thousand individual products so far, which are searchable at www.howgood.com. To come up with the ratings, researchers examine companies for manufacturing practices and labor history by searching legal records, government documents, industry and labor union publications, and other sources. Then they look at individual products, gleaning information from growers, manufacturers, government documents and periodicals. Approximately 65 percent of products examined do not make the "Good," "Very Good," or "Great" lists.

According to Karen Vigmostad of the People's Food Co-Op, the rating system is an excellent tool to help keep consumers informed, but "due diligence is still needed. You will want to continue to consider how each product meets your particular needs and interests."

In regard to GMOs (genetically modified foods), *HowGood* does not give a better score for a company adopting a no-GMO policy, but GMOs have an impact on the ratings by the growing practices, sourcing standards, and often the ingredient profile scores.

The People's Food Co-op is located at 216 N. Fourth Avenue, Ann Arbor, MI 48104. The store is online at www.peoplesfood.coop and can be reached by phone at (734)994-9174 or by email at info@peoplesfood.coop.

Books by Area Authors

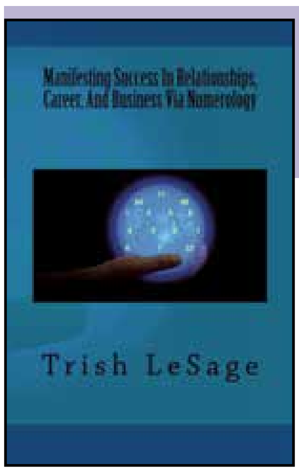


Ann Arbor spiritual medium Joan St. John published *Mists of Mackinac: Forgotten Folklore, Fantasy, and Phenomena* with professional ghost hunter Bob Kaczor in October 2012. The book details the ghosts of Mackinac Island, a place rich with ghost stories, some many hundreds years old. A ghost hunting guide is included for those who are looking to experience Mackinac hauntings firsthand, and the book details actual communications channeled by St. John. Kaczor offers practical advice in the ghost hunting section: "Remain calm and understand what you are getting into. You have chosen this activity; be mindful that what you may experience can be disconcerting and frightening."

Ann Arbor spiritual medium Joan St. John published *Mists of Mackinac: Forgotten Folklore, Fantasy, and Phenomena* with professional ghost hunter Bob Kaczor in October 2012. Crazy Wisdom will host a reading with St. John on Tuesday, October 22 at 7:00 p.m.

St. John is also featured in the book *Haunted Travels of Michigan* by Kathleen Tedsen and Beverlee Rydel. *Mists of Mackinac* is available in paperback from Amazon.com and electronically through Kindle, Nook, Smashwords, and Kobo. Crazy Wisdom will host a reading with St. John on Tuesday, October 22 at 7:00 p.m., and the book will be available for purchase.

Joan St. John's website is www.joanstjohn.com.


Manifesting Success In Relationships, Career, And Business Via Numerology
Trish LeSage

Author Trish LeSage published her second book: *Manifesting Success in Relationships, Career, and Business via Numerology* in January of 2013.

Author Trish LeSage published her second book: *Manifesting Success in Relationships, Career, and Business via Numerology* in January of 2013. The book teaches readers what energies are affecting their lives and how to change them so that they may live a more rewarding and fulfilling life of happiness, success, and abundance. Numerology is the study of the significance of numbers in our lives. The book includes practical advice such as how to select a website, business, or pen name with numerology in mind to maximize success.

LeSage's books are available through Amazon in paperback or electronic form.

Trish LeSage's website is beyond3dbooks.com. She can be emailed at beyond3dbooks@yahoo.com.

Upcoming Events

Ann Arbor Active Against ALS (A2A3) will host a Family Field Day on Sunday, September 29 at Burns Park from 1–5 p.m. All proceeds from this event will go toward ALS (Lou Gehrig's disease) research.

A2A3 was formed in 2008 when Bob Shoeni, a U-M professor and active kids' sports coach, was diagnosed with ALS. According to the organization's website, "ALS is a disease that paralyzes the body but leaves the mind intact…. Most ALS patients are in a wheelchair and using a ventilator within a few of years of diagnosis." There is currently no cure or effective treatment for ALS, and A2A3 explains that research on the disease is underfunded despite the fact that 30,000 Americans suffer from it. Shoeni's friends, family and students formed A2A3 to raise funds toward research for a cure. The group also raises awareness, encourages physical activity (a passion of Shoeni's), and strives to create a compassionate community.

Ann Arbor Active Against ALS (A2A3) will host a Family Field Day on Sunday, September 29 at Burns Park from 1–5 p.m. A2A3 was formed in 2008 when Bob Shoeni, a U-M professor and active kids' sports coach, was diagnosed with ALS (Lou Gehrig's disease).

The Family Field Day will have activities for all ages, including relay races, field hockey, flag football, soccer, lacrosse, ultimate Frisbee, basketball, boot camp, Bollyfit, dance, and yoga. Participants can pick two events to play in. There will be a raffle, bake sale, and scavenger hunt as well as face painting and chair massages. Root beer floats and brats will be served. The suggested donation to pre-register is $20 per family and $10 per individual, or $25 per family and $15 per individual on the day of the event. A2A3 is a 501(c)(3) nonprofit organization.

For more information or to register, visit www.a2a3.org.

The Naturopathic School of Ann Arbor will host an open-house style Traditional Naturopath Community Event on Sunday, September 29 from 2:00–4:30 p.m.

The Naturopathic School of Ann Arbor will host an open-house style Traditional Naturopath Community Event on Sunday, September 29 from 2:00–4:30 p.m. The school has begun hosting these events to educate the community on classical, traditional naturopathy, a discipline over 100 years old that includes Western natural healing, Ayurveda, and Chinese Medicine. The school's growing staff of Traditional Naturopaths and Doctors of Natural Health arrange the events in a "health fair" format, with free assessments, samples of herbal formulations and superfoods, and sample services. The events are free and open to all.

Mary Light, director of the school, stresses that the events are for education and outreach, not sales. There is a lot of misunderstanding as to what traditional naturopathy is and how it works. The event is a chance for people to see what it is all about and to explore treatment options for themselves if needed. Literature is available, and the naturopaths welcome questions.Those considering becoming students at the School will also be interested in attending.

The Naturopathic School of Ann Arbor

The first fall Traditional Naturopathic Community Event will be held at the Naturopathic School of Ann Arbor/New Life Energies Wellness Center, located at 7920 Jackson Road, Ann Arbor, MI 48103. More information is available online at www.naturopathicschoolofannarbor.net. Interested people may call (734) 769-7794 or email naturopathicschool@gmail.com with questions.

Local retiree Peg Rosenkrands along with her husband Dwight Ebaugh will host esoteric spiritual teacher and author William Meader at Crazy Wisdom Bookstore, in October, in his first Ann Arbor appearance. A retired nurse, Rosenkrands describes herself as a "results-oriented, volunteer social-change agent." Since 2009 she has been a student in the Morya Federation Program (www.moryafederation.net), an international online esoteric school of meditation, study, and service headed by U-M alumnus Michael D. Robbins. Rosenkrands and Ebaugh first heard William Meader speak in 2010 through a conference organized by Robbins in Mesa, Arizona. They agreed that Meader's communicative talents made his esoteric presentations very accessible to both beginner and advanced audiences. This year, Meader is expanding his teaching across the Midwest and Rosenkrands has invited him to come to Ann Arbor.

Local retiree Peg Rosenkrands, along with her husband Dwight Ebaugh, will host esoteric spiritual teacher and author William Meader at Crazy Wisdom.

Meader will offer four public talks from October 16–18: three related to the Human Soul and one to the Soul of Humanity. The nature and origin of the Soul is addressed — that intermediary residing within the tri-part nature of every human being (Spirit, Soul, Body) and Humanity itself. Of special importance is the Soul's challenging relationship to the personality as the Soul's Purpose seeks its creative expression in one's life. Additionally, the seven types of Souls (energy expressions known as the Seven Rays) are introduced. "The Tibetan" (Master Djwhal Kuhl) states that this is the new psychology of the future. It is an integral psychology, inclusive of all humanity, and it lays a foundation for thinking about the Soul of Humanity. In his presentation on the Soul of Humanity, Meader addresses the "present period of unprecedented crisis and change" as the antecedent to a new beginning for humanity.

Meader's book *Shine Forth: The Soul's Magical Destiny* will be available at Crazy Wisdom, and he will offer a limited number of individual 60-minute in-depth astrological consultations for $125, which can be arranged with Rosenkrands by phone or email.

Peg Rosenkrands can be reached with questions or to schedule consultations with Meader at (517)580-9630 or peg.rosenkrands@gmail.com. William Meader's website is meader.org.

New Classes

Local spiritual healer and teacher Eve Wilson will offer a once-monthly Ascension Support Class beginning on Thursday, September 12. The class will run for six months, and this will be its second run.

Eve Wilson

Wilson explains that the class will help people to "go with the flow" and move more easily through the personal and planetary changes of our time. It is designed for beginners to spiritual healing, and it incorporates active meditation, visualization, and simple exercises to help students attain more positive attitudes, decreased anxiety, more energy and confidence, better health, and greater intuition. Wilson says the goal is to "get people more strongly attuned to their own inner wisdom," and describes a process of clearing out old patterns to make way for "upgrades."

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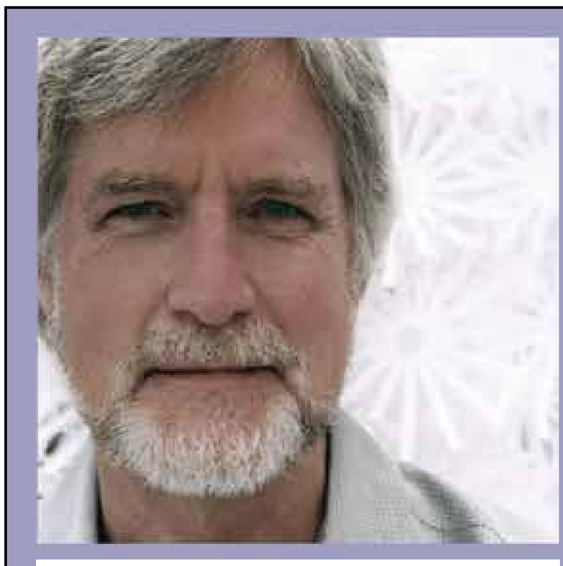

William Meader

International Teacher, Consultant, and Author

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Promoting the Spiritual Journey and the Evolution of Consciousness

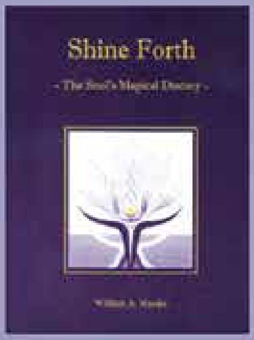
Dedicated to communicating principles of spiritual development, worldwide. William Meader brings relevance to the Ageless Wisdom and its application for our changing times by emphasizing the importance of becoming a Practical Mystic — one who is inwardly conscious of the soul's promptings and able to bring grounded expression to them. He can be contacted through his website at www.meader.org

The Soul: Its Nature and Origin

Wed., Oct.16, 2013 • 1- 3:30 pm
An introduction to the subject of the Human Soul as understood within the Esoteric Philosophy. In this discussion we will examine the origins of the Human Soul, the formation of the causal vehicle (body of the soul), and the battle that is waged with the personality.

The Awakening: The Soul of Humanity Emerges

Wed., Oct.16, 2013, • 7 - 9:00 pm
Humanity has entered into a period of unprecedented crisis and change signifying the awakening of the Soul of Humanity. Join William as he explores the Soul of Humanity and its emergence at this momentous time in human history.



Available at Crazy Wisdom Bookstore

Shine Forth: The Soul's Magical Destiny

Thur., Oct.17, 2013, • 2 - 4:30 pm
The destiny of the soul is to creatively express its wisdom and love as an act of service to humanity. In this presentation, we will examine the nature of the soul as it evolves its capacity to become magically creative.

Introduction to the Seven Rays

Thurs., Oct 17, 2013, • 7 - 9 pm
All of creation comes into being via the interaction of seven great streams of energy (Rays) that condition all life and every human being is subject to their influence. Understanding your soul ray can help you discover one's essential nature and spiritual purpose in life.

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at: Peg.rosenkrands@gmail.com

What’s New in the Community

Continued from page 13

Classes are held every four weeks beginning Thursday, September 12 from 7:30–9:30 p.m. Wilson teaches from a classroom in her home in southeast Ann Arbor. Participants can attend in person or via phone or Skype, and classes are recorded so that students can use the meditations and exercises on their own.

Local spiritual healer and teacher Eve Wilson will offer a once-monthly Ascension Support Class beginning in September. Wilson explains that the class will help people to “go with the flow” and move more easily through the personal and planetary changes of our time.

Wilson is currently in the process of writing a book detailing the systems used in the Ascension Class. She also writes a blog on ascension and healing called *The Weekly Word*, which is available on her website and by email subscription.

Eve Wilson’s website is spiritualhealers.com. She can be reached by phone at (734) 780-7635 or by email at evew@spiritualhealers.com.

Local birth and postpartum doula and parent educator Catherine Fischer now offers a parenting class and free teleseminars for parents of young children. Her four-week class, “Where the Rubber Meets the Road: Strategies for the Emotional Challenges of Parenting,” will be offered first in September and October, then regularly throughout the year.

Local birth and postpartum doula and parent educator Catherine Fischer now offers a parenting class and free teleseminars for parents of young children. The class will teach stress-reducing listening tools, which help parents better understand and respond to their children’s emotions as well as their own.

“Parenting is an emotional project. I don’t think any of us are fully prepared for the ways we will be emotionally challenged as parents or for the intensity of it. Add to that the typical stresses on parents such as isolation, exhaustion, confusion and guilt, and the parenting that we want to enjoy can end up feeling burdensome and overwhelming,” says Fischer. The class will teach stress-reducing listening tools, which help parents better understand and respond to their children’s emotions as well as their own. These tools will help parents respond to tantrums, become better at successfully setting limits, support close sibling relationships, and take the edge off of parental exhaustion, confusion, and guilt. Class will be supplemented by outside readings from the *Listening to Children* series of booklets by Patty Wipfler and from *Hand in Hand Parenting.*

During each class meeting, parents will have a chance to listen to one another. “No parent is the bottomless well of attention our children wish we were. We put out so much attention every day, and need to refill our reserves by being listened to ourselves. So emotional support for parents is built into the class, and I will encourage parents to continue including it in their lives in an ongoing manner,” Fischer says.

“These strategies are primarily about how and when to pay attention to children’s feelings through listening and playing, and they are supported by brain research. It’s not about being permissive with bad behavior. Parents can still set firm limits. They will just learn to do it more effectively.”

Fischer began using the skills and strategies of the *Listening to Children* series when her son was young. “These tools are what got our family through early childhood,” Fischer states.

Her free fall teleseminar is for parents whose children are reluctant to leave the house in the morning. “From Procrastination to Cooperation: Transforming Those ‘Getting Out the Door’ Struggles” will be offered at no charge on Monday, September 16, 7:30–8:00 p.m. The teleseminar will introduce strategies for helping children feel connected and safe in the morning to ease the transition to school or daycare.

In her birth and postpartum doula work, Fischer offers nonmedical practical and emotional support, which is shown by research to shorten labor, reduce the chance of having a C-section, increase confidence, improve breastfeeding success, and reduce postpartum depression. She specializes in postpartum care and breastfeeding support. Fischer brings more than 25 years of combined experience as a teacher, mother, parent support group leader, and doula to her teaching. She also holds a master’s degree in education from Goddard College.

Catherine Fischer can be reached at (734) 3955244 or by email at catherine@supportforgrowingfamilies.com. Her website, www.supportforgrowingfamilies.com, includes class and teleseminar details and registration information.

New Practitioners and Businesses

Diane Miller has opened Ringstar Studio, a space for the teaching and practice of physical arts ranging from stage combat, aerial and circus arts, juggling, and hooping to theatre, dance, yoga, and more. As assistant director for local stage combat group Ring of Steel, Miller had been looking for a new home for the group’s practices. As an aerial silk artist herself, she realized there was a greater need for a venue in the community of physical artists, many of whom work outside when the weather is warm but have trouble finding space to practice in the winter or in inclement weather. Ringstar Studio is the solution to this problem. Miller has assembled teachers and students of various physical art forms to make use of the large space, which is equipped with mirrors, theatre lighting, and aerial rig points as well as floors with removable martial arts mats, gymnastics mats, and crash pads. Miller’s hope is for the community to “pool as many resources as possible” in order to create a well-equipped and versatile space for widely diverse classes and practices. As the space develops, Miller hopes to add more equipment and resources, such as a green-screen wall.

Diane Miller’s hope is for the community to “pool as many resources as possible” in order to create a well-equipped and versatile space for widely diverse classes and practices. As the space develops, Miller hopes to add more equipment and resources, such as a green-screen wall.

Ringstar is still developing its class schedule, and Miller is open to speaking with physical arts teachers and groups about using the space. Miller says she wants to provide an affordable and open space for creative people to practice, share, and learn new skills. In addition to Ring of Steel, the circus collective Ann Arbor Performance Dojo will be using the space, along with other individual teachers. Miller herself plans to offer beginning classes in aerial silk for children and adults. Meditation classes are also part of the current plans, and will be donation based. The studio is also open to rent for private parties and practice time.

Ringstar Studio is located at 3907 Varsity Drive, Ann Arbor MI 48108. Diane Miller can be reached at inquiries@a2ringstar.com or (585) 307-0402, and Ringstar’s website is a2ringstar.com.

Local craniosacral therapist and Quantum Touch practitioner Lennen Chance has opened Chance Holistic Therapy and is accepting new clients. Chance practices at the Ann Arbor Institute of Massage Therapy, where she is in charge of admissions and academic coordination. She says that after starting out in a retail career, she was inspired to go into holistic therapy when her mother passed away from pancreatic cancer. She felt the experience showed her “how little Western medicine can really do for people.”

Chance specializes in helping people with chronic pain and says that she can help people take less medication. As a craniosacral therapist and Quantum Touch practitioner, she is able to help even frail elders who are experiencing a lot of pain with the light touch of these modalities. She is also trained in neuromuscular and myofascial therapies, which use deeper, heavier touch and can be used for athletes and others who are able to benefit from it.

“The human body has an incredible capacity to heal,” says Chance. “We just have to listen to it.”

As a holistic therapist, Chance says that she looks for imbalances that are causing pain, and considers the whole person — mind, body, and spirit — to suggest a treatment plan. "The human body has an incredible capacity to heal," says Chance. "We just have to listen to it."

Currently Chance is running a new client special: $50 for a one-hour treatment (a $25 savings).

Chance Holistic Therapy is located in the professional suite of the Ann Arbor Institute of Massage Therapy, at 180 Jackson Plaza, Ann Arbor, MI 48103. For more information, visit www.chanceholistictherapy.com, call (734)707-8892, or email lennen@chanceholistictherapy.com.

Marjorie Farnsworth, certified hypnotherapist, opened Spirit Assist Hypnotherapy LLC at the beginning of this year. Farnsworth was trained in hypnotherapy by Dr. Philip Holder, one of the United States' foremost hypnotherapists and trainers. She was a corporate middle manager for over 20 years, and said she became interested in various forms of alternative medicine around 2001, when she had some negative experiences with traditional medicine. At the same time, she observed her colleagues in corporate management suffering from high blood pressure, anxiety, and, in her words, "general rage," taking more and more medications to counteract the side effects, and they still had the problems they were seeking to fix.

Marjorie Farnsworth, certified hypnotherapist, opened Spirit Assist Hypnotherapy LLC at the beginning of this year. She was trained in hypnotherapy by Dr. Philip Holder, one of the United States' foremost hypnotherapists and trainers.

Farnsworth began to explore shamanic ritual healing, meditation, and herbalism, and she also traveled widely. Eventually, she took another corporate job in Ann Arbor, where she was in charge of logistics and had to be "very results-oriented." At that point, she developed a serious interest in hypnotherapy, which she says is also very results-oriented. While traditional talk therapy may go on for long periods of time and patients may not know where to start in solving their problems, Farnsworth says that hypnotherapy is for folks who "know what they want and want to get it done." She explains that she typically sees clients for just three sessions for each issue they are working on. The first session is two hours long, and she works with the client to understand exactly what needs to change and what suggestions will resonate most for the individual. The client and Farnsworth design the suggestions together, ensuring the best result. The following two sessions are shorter, consisting of refining and reinforcing the suggestions based on the client's experiences between sessions.

Farnsworth says many misconceptions exist about hypnotherapy, and that it is not like the stage shows or movie scenes that are so common. She explains that it is impossible to harm someone using hypnotherapy, and that a person will not do anything under hypnosis that he or she did not want to do before entering the hypnotic state. This is why it is so important to personalize the suggestions for the person receiving them. Farnsworth explained that suggestions must appeal to the individual's subconscious mind in order to be effective. This is why she spends a lot of time during the first session conversing with the client, asking questions such as, "What will it feel like when you reach your goal?" She describes hypnotherapy as relaxing, comforting, and — because the suggestions need to appeal to the subconscious mind's "inner child"— fun. It is not a magic bullet, she explains — the person has to really want to change in order to see results. For example, she has seen patients who have come to her for smoking cessation who truly did not want to quit and were only seeking help because family members were nagging them. Hypnotherapy is not magic, and will not make them want to quit smoking; it can only help in accomplishing changes that people truly desire.

Through hypnotherapy, Farnsworth can assist people with weight loss, smoking cessation, pain management, sports performance, stress management, self-esteem issues, phobias, and more.

Spirit Assist is located at 4488 Jackson Road, Suite 3, Ann Arbor, MI 48103. The website for the practice is www.spiritassisthypnotherapy.com, and Marjorie Farnsworth can be reached at info@spiritassist.net or (734) 206-4204.

Registered Dietician Shannon Amori has opened a holistic practice at the New Life Energies Wellness Center located on Ann Arbor's West Side. In addition to her R.D. license, Amori holds a certificate in Medicinal Herbal Studies from the Naturopathic School for the Healing Arts, and will be completing the school's Massage and Energy Medicine program in September.

Currently, Amori offers nutritional consultations and assessments and specializes in both cooking and food preparation demonstrations as well as kitchen assessments. She educates her clients not only in what they should be eating, but in how they can create meals to fit their nutritional plans. She incorporates her training in plant-based medicine by making the beneficial plants part of the diet. Amori also offers advice on supplements although she prefers "real foods" to supplementation. She says that proper nutrition can help build the immune system, which in turn makes the entire body healthier and more resistant to illness.

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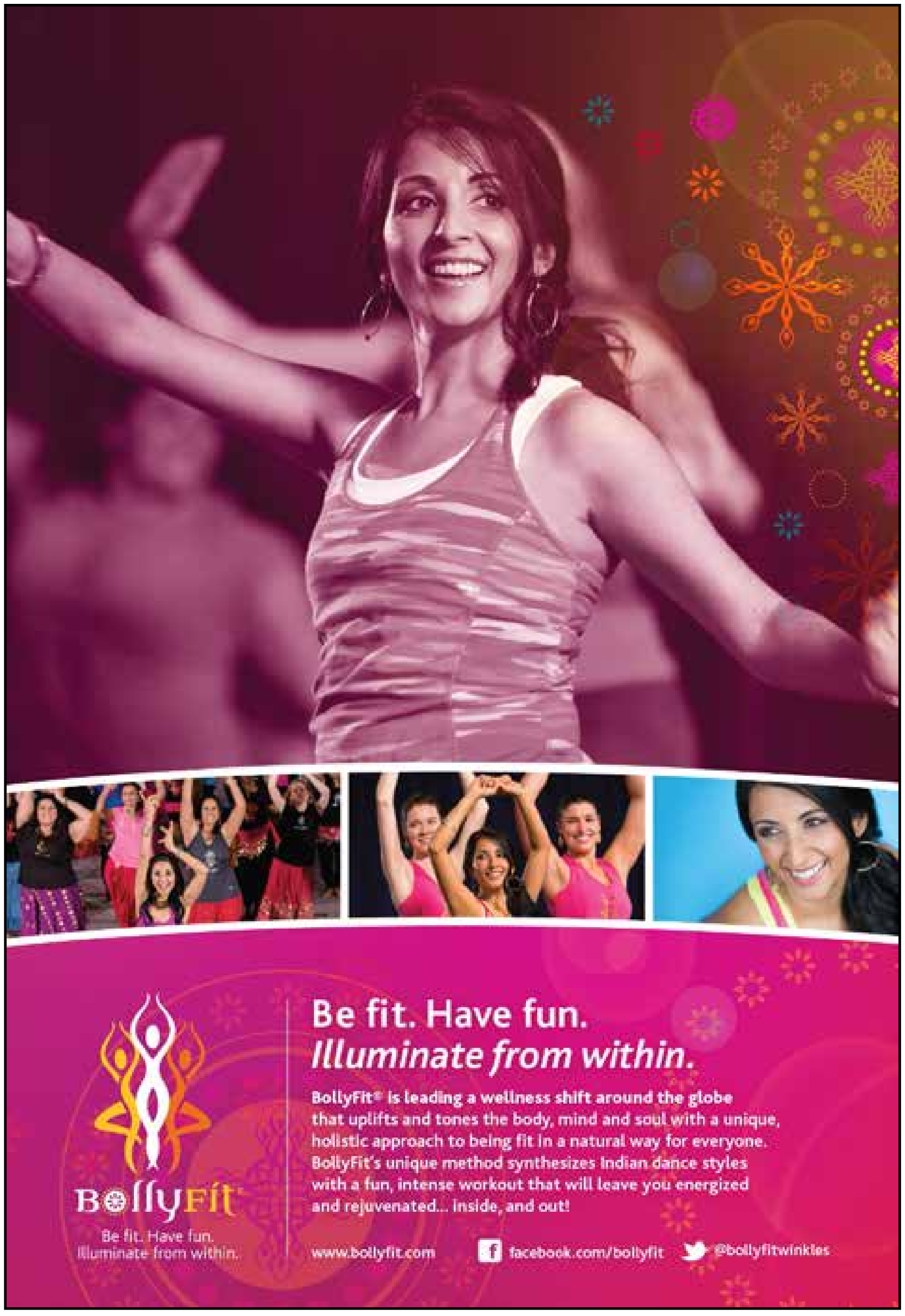

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Thought Field Therapy can provide immediate relief from anxiety, phobias, post-traumatic stress and other emotional issues without negative side effects, often eliminating the need for years of therapy. Based in London, Kevin has worked with Leonardo DiCaprio, Robert DeNiro, Kevin Spacey, and has trained TFT practitioners around the world.

EVENTS:

An Evening with Kevin Laye
September 26 - Informal Talk, TFT Presentation, Q&A with Kevin
at Crazy Wisdom 6:30pm-9:30pm

Workshops: Full and Half-Days Available
September 27 - Busting Sugar and Food Addictions 6pm-10pm
September 28 - Banishing Stress and Toxic Emotions 10am-5pm
September 29 - Abundance and the Money Mind Virus 1pm-5pm

Individual Sessions with Kevin
by Appointment only (limited space)

For more information contact: DonnaRyen@aol.com
Online registration: KevinLayeUSA.com

What's New in the Community

Continued from page 15

After receiving her massage license in September, Amori plans to "link bodywork, massage, plant-based medicine, and nutrition to create full-body health and wellness." She says that proper nutrition is not always enough for optimal health, and that the body must be healthy enough to accept the nutrition. Massage and bodywork will complement her nutritional services and help her clients to feel their best.

Registered Dietician Shannon Amori has opened a holistic practice at the New Life Energies Wellness Center on Ann Arbor's West Side.

Shannon Amori works out of the New Life Energies Wellness Center, located at 7920 Jackson Road, Ann Arbor, MI 48103. She can be reached at (248) 808-1201 or by email at shannoncolerd@hotmail.com.

Eight local artists have formed Dancing Dog Gallery (D2G), which will open in September in downtown Ann Arbor in the former Herb David Guitar Studio building. The studio will be run cooperatively by the founding members: Missy Cowan, Sue Finley, Sophie Grillet, Molly Indura, Bill Knudstrup, Matruka Sherman, Susan Clinthorne, and Sarah Clark Davis. The artists use a variety of styles and media including photography, painting, pastels, and mixed media.

After renovations, the first floor of the building will be a gallery for exhibitions of contemporary, original fine art while the second floor will be divided into eight individual work studios for artists to rent, with a common area for their use. The founding artists hope to make the gallery wheelchair accessible with a ramp, and (at the time of this writing) are raising funds through Kickstarter to help defray the costs associated with remodeling the space. The group is in the process of attaining 501(c)(3) nonprofit status. The Grand Opening event will be Friday, September 6 from 7 to 10 p.m. with art, live music, and wine. Afterward, the gallery will be open daily.

Dancing Dog Gallery (D2G), which will open on September 6 in downtown Ann Arbor in the former Herb David Guitar Studio building, will be run cooperatively by the founding members: Missy Cowan, Sue Finley, Sophie Grillet, Molly Indura, Bill Knudstrup, Matruka Sherman, Susan Clinthorne, and Sarah Clark Davis.

Dancing Dog Gallery is located at 302 E. Liberty Street, Ann Arbor, MI 48104 and can be reached at (734) 531-6565 or DancingDogGallery@gmail.com. More information can be found online at www.dancingdoggallery.biz.

Lomi Lomi massage therapist Stefani Colbourne began offering bodywork in her private home studio in Saline last year under the name Crescent Moon Massage. Originally from Hawaii, Lomi Lomi is a "heart-centered" bodywork that was initially reserved for royalty. What makes Lomi Lomi different is the blend of forearm strokes that Colbourne said are "like a dance," otherwise known as "flying meditation." Each session begins with a sacred chant or prayer after which the client is invited to set his or her own intention, whether that is simply to relax or to release a past trauma. This bodywork combines the use of prayer (pule), breath (ha), and energy (mana) with long flowing movements designed to relax the recipient in body, mind, and spirit. The focus is to invite an opening of the heart and a shift of awareness so the recipient can better let go of old negative patterns. Because the Lomi Lomi practitioner works intuitively from the heart-center, the recipient experiences a reawakening of the spirit. This enables the recipient to become fully present and fully aware of their connection to self and spirit, and to their purpose in life.

Eleven years ago, Colbourne herself was able to work through her own stress and trauma by receiving Lomi Lomi treatments from practitioners Tom and Alani Kuzma, who inspired her to learn the method. She began her studies with them and moved on to train with Tamara Mondragon at the Davis Institute in California. She will travel to Hawaii to receive additional training from Master Kahunas in the spring of 2014.

The cozy atmosphere in Colbourne's studio invites clients with a bubbling water fountain, soothing Himalayan salt lamps, and relaxing ambient music.

The cozy atmosphere in Colbourne's studio invites clients with a bubbling water fountain, soothing Himalayan salt lamps, and relaxing ambient music. In addition to Lomi Lomi, she offers a range of other modalities to support natural health, including Rain Drop Therapy, ear candling, breath work, and Reiki. Tandem Lomi Lomi is also available for couples, for which Colbourne partners with fellow therapist Jennifer Miller.

Stefani Colbourne can be reached at (734) 846-9949 or by email at crescent.moon.lomi@gmail.com. Visit the Crescent Moon Massage website at crescentmoonmassage.net.

Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, Michigan 48104. The firm deadline for submissions for the next issue (January thru April 2014) is October 31, 2013.

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I had no idea what to expect with the White Buffalo Ceremony. You have to experience this, I have now been to seven of them and every time is more beautiful, more fun and greater connection, this is true oneness, this is a must for anyone and everyone. - Rose J.

Todd Stockwell is a Master Teacher, and from my observation, is solely here to bring Light, Love, and personal Empowerment to the planet. I have been to his trainings, as well as had private sessions with him. THIS IS The Reconnection. The Real One! If you feel out of touch at times with your personal power, have anything out of balance in your life, or just want to reach further, to the space BEYOND, call Todd. Remember the movie "The Matrix?" When Keanu Reeves would step into the pay phone booth to connect to HOME? That's been my experience with this healer from the future. I am defragged, rebooted, recharged, rewired, and REWARDED!
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JASMINE GOES VISITING

In this column, Jasmine Zweifler writes about crazy wisdom-esque people and happenings around Ann Arbor

Photo by Steve Travilla

1

An Astrological Reading with Elizabeth Sullivan

I found myself on the receiving end of a radically new experience when I walked into a room and sat down with a stranger who I felt knew more about me than I knew about myself. This peculiar feeling, familiar to those who have had a reading from a professional as capable as Elizabeth Sullivan, is one that had a card-carrying, doubtful Thomas like me a wee bit uncomfortable at the outset. Her office was unassuming: absent were the tapestries, gently smoking incense sticks, and crystal balls I had assumed would accompany my astrological reading. Once Elizabeth and I sat down, her warmth, thoughtfulness, and striking diligence allayed my fears and opened my mind to her insights.

She didn't wait to hit me with some "wow factor" material. She began by saying right at the beginning that my chart (which, by the way, was bafflingly complex when I snuck a peek), had revealed that despite my having been in a tumultuous astrological house basically since I was seven, I was due to emerge this coming September. On the heels of this hopeful glimpse into the future, she praised the strong enthusiasm and optimism she had read. She tempered this astrological comfort with the hard fact that sometimes my enthusiasm can cause me to become frustrated and overwhelmed when I bite off more than I can chew. Her forthrightness in this regard won me over more than anything else. Elizabeth Sullivan takes her work very seriously and exudes a strong sense of responsibility and duty toward her clients.

Once Elizabeth and I sat down, her warmth, thoughtfulness, and striking diligence allayed my fears and opened my mind to her insights.

We spoke for a quite a while, and she told me that her teacher (the renowned Jyotishi and author Hart de Fouw) had advised her to always remember three things: never take away a person's hope, never take away his will, and you can't see grace in a person's chart. Sullivan talked fondly of her mentor and described with rapturous detail the circumstances that brought them together — a series of truly amazing coincidences, hidden messages, and other things that started to sound a lot like destiny when put together.

With this newfound respect, I hungrily absorbed the advice Elizabeth proffered while looking carefully at my chart. A real eyebrow raiser was her comment that I would do well in government. She assured me that my tendency toward being the "noble crusader" (a moniker I'm now quite fond of) would help in this regard. Also seeing a strong tendency toward the pleasure principle in my chart, she advised that it could trip me up down the road and suggested that I should be moderate and mindful when it comes to my indulgence in wine, women, and song — a suggestion to which I knowingly nodded my head but secretly begrudged.

As I left her office, I found myself feeling more focused and determined than I had in a long while. It was an interesting sensation brought about by the plain statement of my strengths and weaknesses, those things that we so often fret about privately.

Elizabeth Sullivan is a certified Vedic Astrologer. For more information, email astrologerelizabeth@live.com or call (734) 971-2131.

2

Life Lessons from Health Coach Dixie

Time for some hard truths, folks. There will come a time in your life when you'll need to admit that perhaps you don't know best. It may come when you're contemplating applying that fourth layer of duct tape to a leaky pipe; it may come while you're staring in mute horror at the result of a daring self-inflicted haircut. If, for you, this insight hits when you're contemplating a fast food lunch as a distraction from a soul-sapping job, then health coach Dixie Horlock Lemke is the woman to turn to.

Unlike many of her clients, my physical and emotional state wasn't too far gone when I sought her out, so I didn't have any expectations as I climbed the stairs to Crazy Wisdom's second floor for our meeting. She was waiting for me and rose to shake my hand. Dixie is a composed, fit, serene woman, and her handshake and the sparkle in her eye were enough to convince me that she could be trusted to teach me a thing or two about vivacity.

After getting to know each another for a few minutes, we got down to the real business. She asked, "What are some things you'd like to work on?" I was taken aback by the simplicity and incisiveness of the question. After I had considered my answers for a moment, I found myself opening up about my energy level, the challenges of living with a partner, and the secret to a chocolate avocado mousse.

Dixie's suggestions were simple, salient, and scrumptious.

The thing is with Dixie, no topic is off limits. She has the mentality that all aspects of your life contribute to your health, not just how often you can choke down a bushel of kale or how often you hit the gym. In our meeting, she expressed much more concern about my satisfaction and happiness with different aspects of my life, even cooking up an engaging little activity for me to illustrate the areas that need work.

Dixie's holistic approach to health coaching no doubt stems from her experience practicing and teaching "whole yoga" — a comprehensive approach that includes not only breath and poses, but meditation and lifestyle. Eventually, we got around to very practical ways I could improve my health. She had gotten to know my weak points by this point, and her suggestions were simple, salient, and scrumptious. Just because I'm a starving writer doesn't mean I need to literally be starving; she recommended affordable, delicious meals tailored just for me (a recipe for a salsa salad bowl was to die for and right up my alley), and helpful hints on shopping smarter (i.e., cheaper).

I left our session feeling focused and empowered by all of the small, practical tools Dixie had given me. Her more standard engagement is far more involved and lasts about twelve sessions over six months, and I have no doubt that in that time she could remake almost anyone's life into a shining beacon of healthitude.

For more information about Dixie's training and her programs, visit her website at healthcoachdixie.com, or like her on Facebook. Her page is full of amazing recipes and tips.

3

Detoxifying with the Babo Juice Cleanse

As I left Babo Market on Ann Arbor's Washington Street with a large white bag cradled protectively in my arms, I felt a bit like a new mother. The contents of my package were the source of much excitement, lots of uncertainty, and a considerable dose of trepidation. My little bundle of joy was in fact the bountiful and storied Babo Juice Cleanse, and it was all I was supposed to consume for the next three days. (This whole baby metaphor just became really macabre…)

> **I leapt out of bed, excited to begin my journey to a detoxified, strong, and dietetically liberated version of myself.**

Upon waking the next morning, I leapt out of bed, excited to begin my journey to a detoxified, strong, and dietetically liberated version of myself. I started off with their eye opener, which looks like a squirt of red goo in the bottom of a coffee cup with a jaunty little teabag floating atop it. But with the addition of boiling water, it became the elixir of life: composed of agave, cayenne pepper, and green tea, it curbed my hunger in a flash and was addictively spicy. With my appetite satisfied, I didn't reach for my "breakfast" for nearly two hours. The smoothie that awaited me was a thick, glutinous avocado concoction peppered with chia seeds. It was chock full of protein and healthy calories to kick start my day. I was feeling so zesty in fact that I bounced down to the gym and had one of the most vigorous workouts in recent memory.

Upon arriving home, I downed an energy shot that was mostly wheatgrass and ginger. It went down like super healthy pond water with a kick. Lunchtime brought me a juice that tasted mostly of beet and so was an enticing red color — a real treat for this borscht lover. I was still going strong, hunger was a non-issue, my energy levels were great, and I was feeling sharp and focused. My "happy hour" juice was the most delicious of the whole program and one I still crave. It was a citrusy, kale-y blend that was a refreshing distillation of an entire produce section (chard, bell pepper, tomato, ginger, and so on). The last juice of the day was a hearty strawberry-banana and hemp milk smoothie that I drank quite late because I have a crippling fear of going to bed hungry. The first day was finished! I had done it! I was master of my domain!

> **I was feeling so zesty in fact that I bounced down to the gym and had one of the most vigorous workouts in recent memory.**

Dear readers, the less said about the next two days the better. I found myself staring at my darling boyfriend with a mixture of longing and contempt as he ate his meals. The juices still tasted top notch and kept me nourished, but I started to feel like one of those starving cartoons that looks at those around her and imagines them as giant steaks or sandwiches. I learned that a woman cannot live on juice and a smug sense of superiority alone, but the exercise in willpower and feeding your body exactly what it needs was invaluable.

The Babo Juice Cleanse takes place every first Monday, Tuesday, or Wednesday of the month. For more information, download the online brochure at baboannarbor.com. Babo Market is a locally owned grocery store dedicated to supporting local producers. It is located at 403 E. Washington Street, Ann Arbor, MI 48104.

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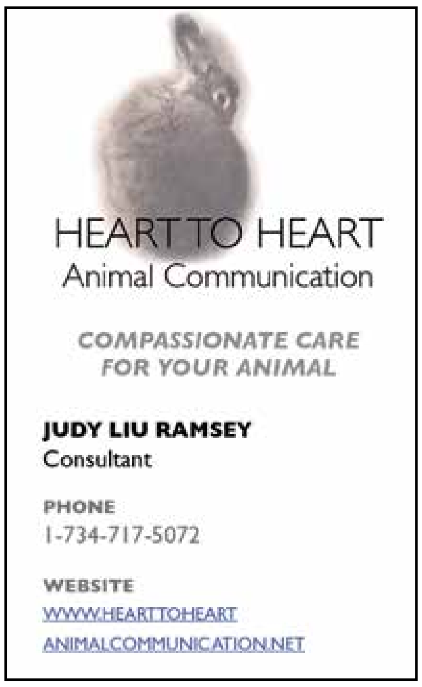
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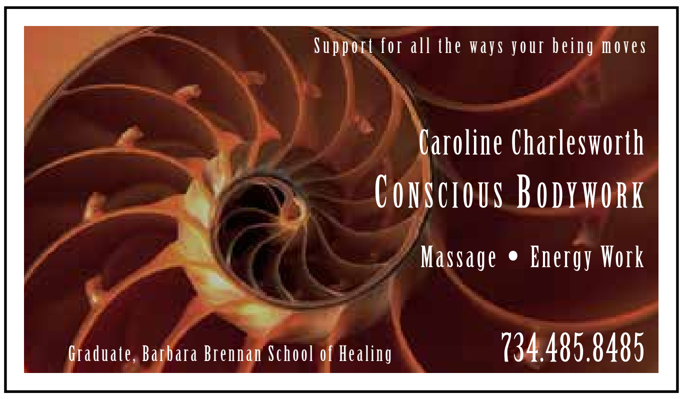
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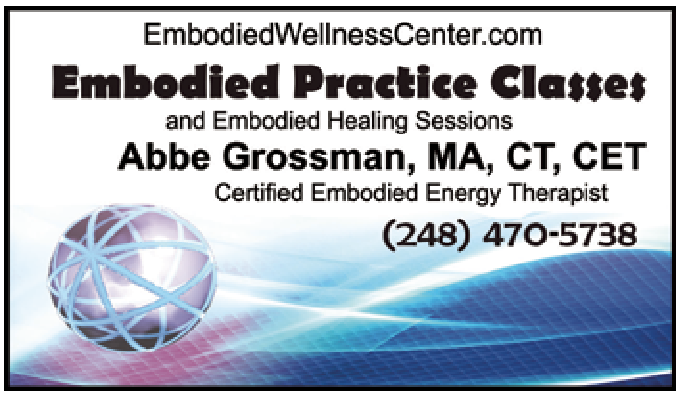
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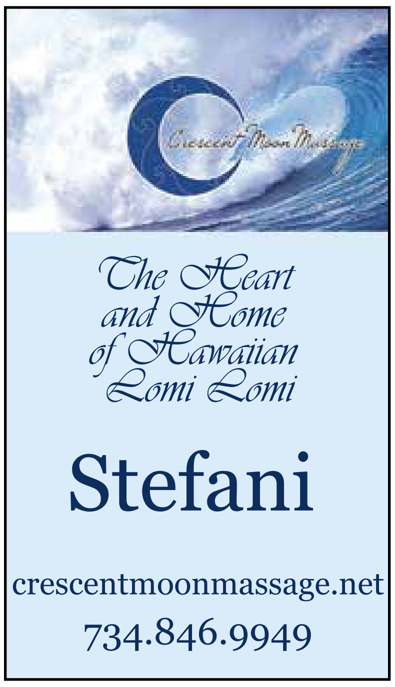

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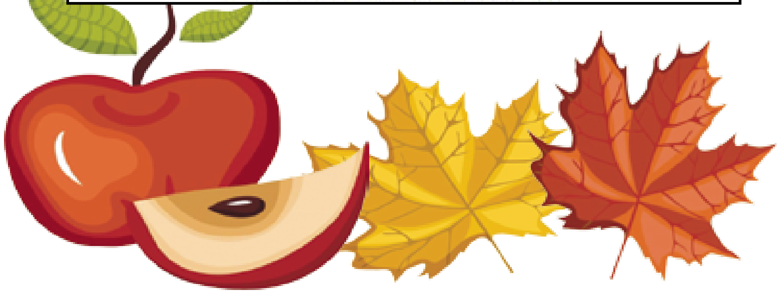

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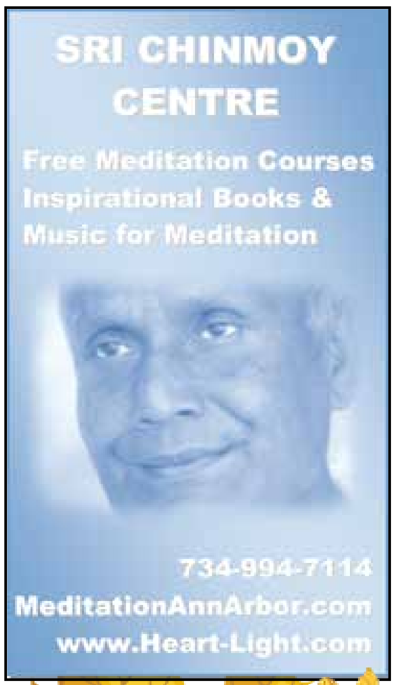

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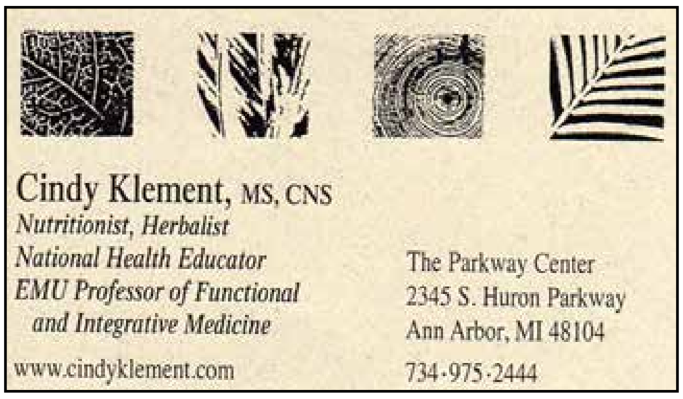

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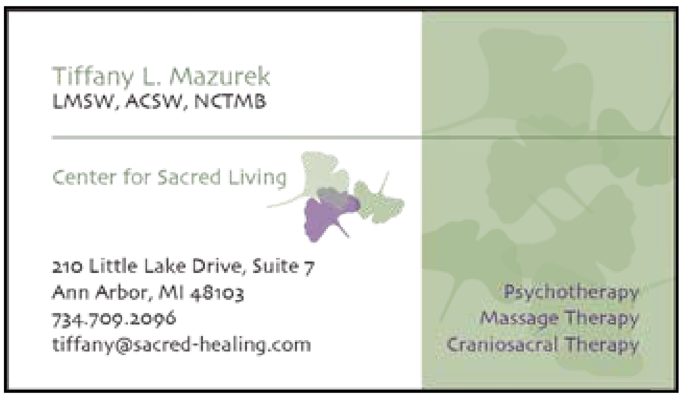

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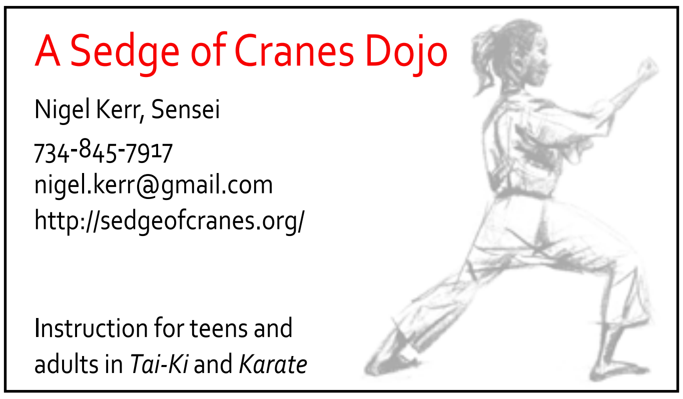

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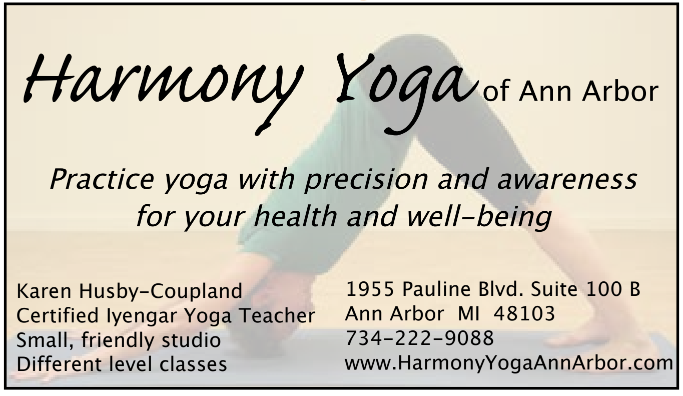

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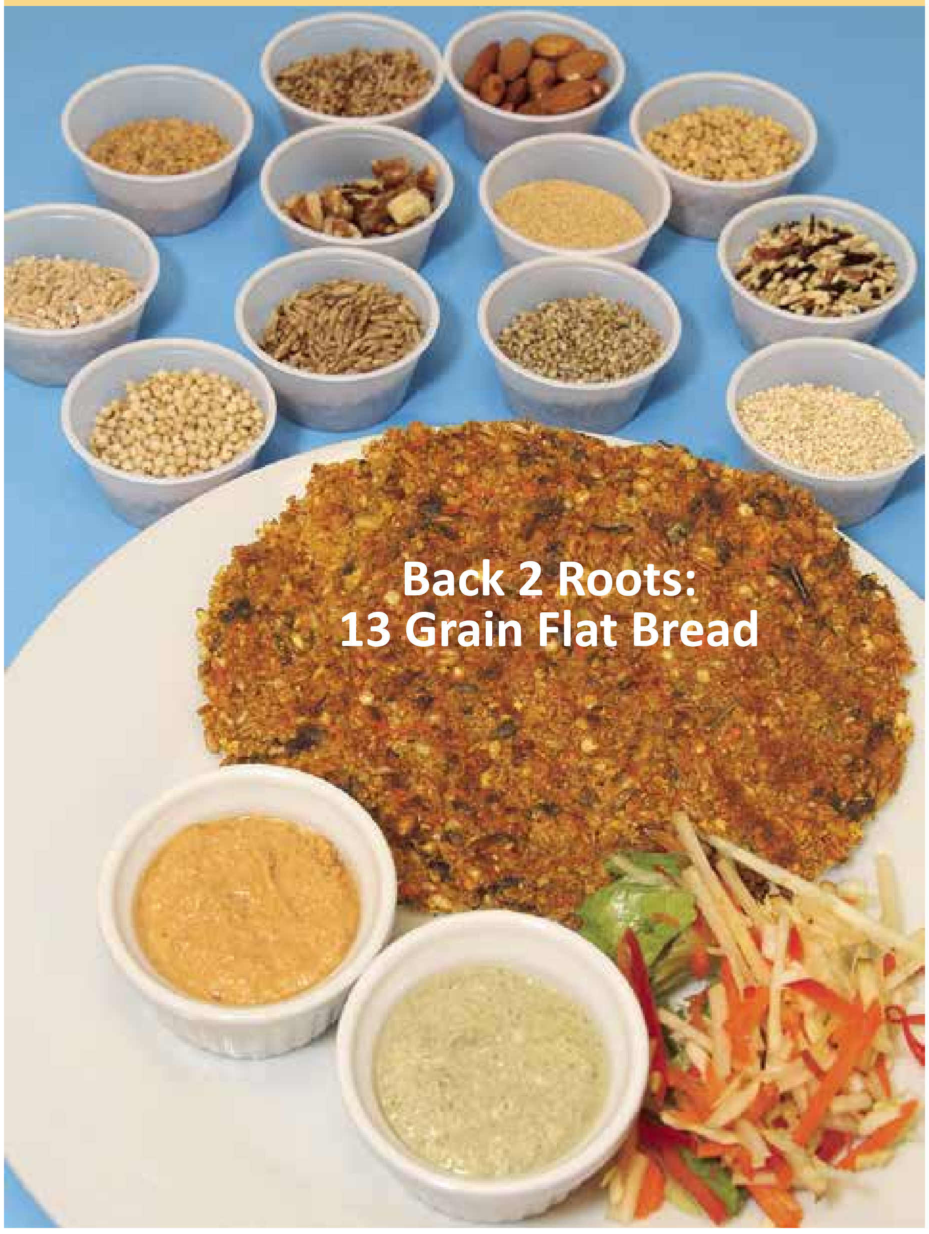
Dr. Swaroop Bhojani's Unique Journey with Food and Health

Dr. Swaroop Bhojani and his wife, Sumi Bhojani

> **"I went to cancer research…to find a cure for cancer.… Literally, a cure for cancer lies in the prevention. Nothing better than food in preventing it."**
> **— Dr. Swaroop Bhojani**



Back 2 Roots:
13 Grain Flat Bread

By Syndy Sweeney
Photography by Joni Strickfaden

Dr. Swaroop Bhojani has a long-time fascination with food and how it affects health. Owner of the Ann Arbor eatery Hut-K Chaats, Bhojani has devoted himself to the subject through years of personal experience as well as academic study.

Revealing a personality as large and lovely as his laugh, Bhojani, 44, says that his focus on food came in the form of competitive eating when he was a teenager in Hyderabad, India. He and his friends and relatives would engage in informal eating competitions as a way to amuse themselves during wedding celebrations that would last for days. Bhojani could easily eat several *pounds* of sweets in one sitting, and describes how he once ate 500 almonds with his cousins.

Bhojani continued to eat competitively at university and into adulthood. Often placing third or fourth, he would win free lunches and cash prizes. Recalling these events, Bhojani laughs. "You're given four or five straws, and you have to make one straw…how fast can a person finish a single bottle of cola through [this] long straw?"

Some of the competitions were dangerous, however — such as those in which participants consumed salt water or chilies. Bhojani says his competitive eating "first started just for fun. And I wish somebody would have told me *then* that's extremely unhealthy…the damage that you do to your body is amazing.… Sometimes, it's irreversible."

As an adolescent, any negative repercussions to his body were offset by daily karate classes and cycling 25 kilometers a day. But in 1988, when Bhojani was twenty, as his life became increasingly stressful, his exercise dwindled.

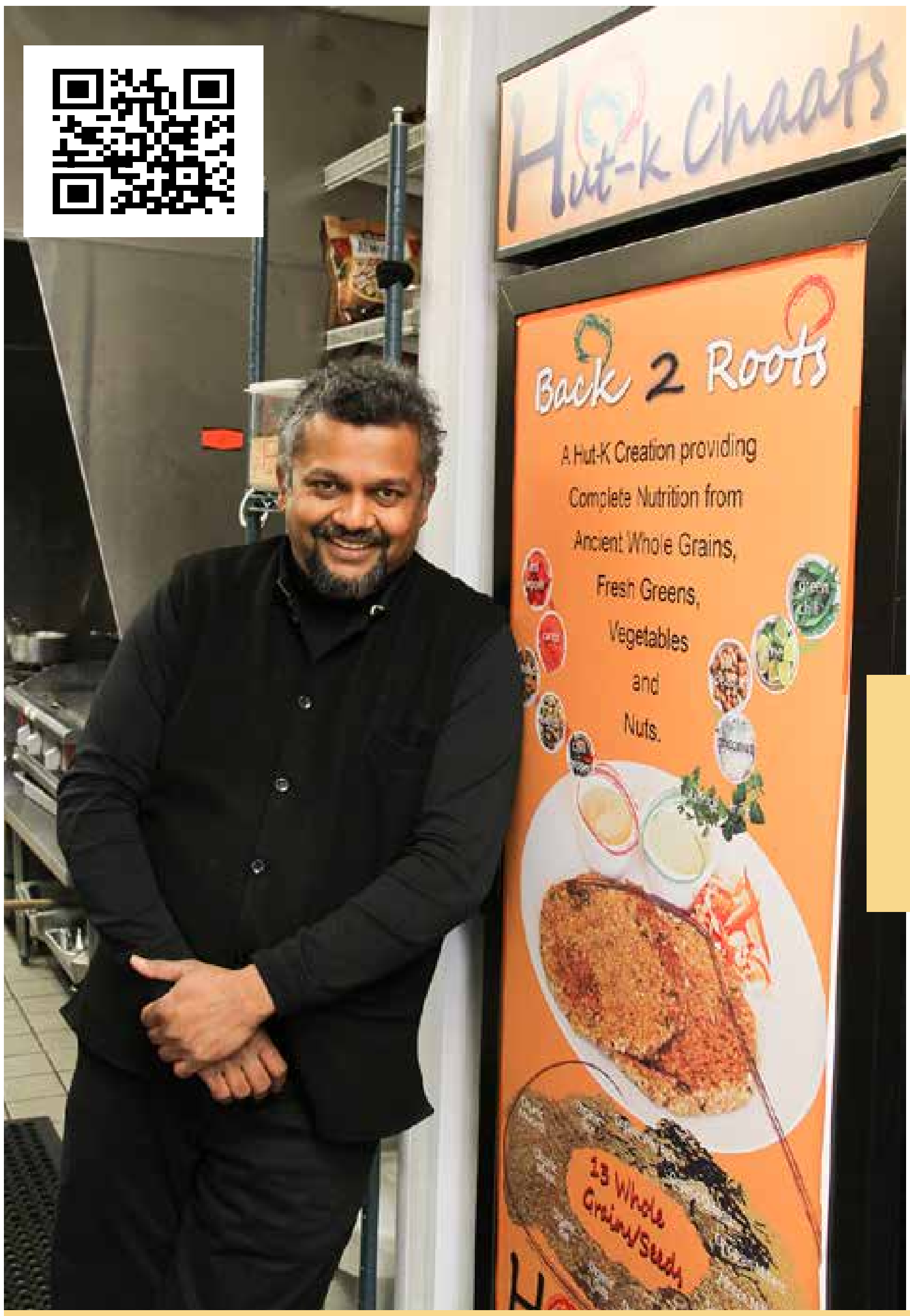
While working on his bachelor of science degree, Bhojani also took care of his seventeen-year-old brother, Pradeep, who suffered from osteogenic sarcoma (bone cancer). The day Bhojani took his very last final exam before graduating, Pradeep passed away. Rather than follow his family into one of its businesses in the cable industry or luggage manufacturing, Bhojani became determined to find a cure for cancer.

Three months later, he began attending Osmania University in Hyderabad, and he earned his masters degree in biochemistry in 1990. He then immediately began

Continued on page 26

> **"I remember when one of my cousins told me I had become big. And I asked him, 'In the sense that I look [like] a real adult now?' And he says, 'No, you've become fat!'"**
> **— Dr. Swaroop Bhojani**

Dr. Swaroop Bhojani's Unique Journey with Food and Health



Bhojani created Back 2 Roots — six minimally processed dishes comprised of roti (flatbreads) that contain thirteen different kinds of whole grains, such as amaranth, African millet, and quinoa. "They don't spike your blood sugars. When blood sugars are not spiked, then you do not see [an] insulin response."

Continued from page 25

pursuing his doctorate at the Indian Institute of Science in Bangalore. In 1997, he received his Ph.D. in cellular immunology, working on nucleic acid reactive antibodies and how they affect cell growth and proliferation.

While studying at the Institute, Bhojani used its lab to conduct another kind of experiment. Dorm residents were not allowed to have stoves in their rooms, so when the faculty left at night, Bhojani would make *chaats* (Hindi for a type of sweet junk food common in India) for himself and his fellow students. Often fried, *chaats* manage to hit all of the notes for taste and texture: sour, tart, spicy, crunchy, and salty. According to Bhojani, they are a "multisensory food, and Indians love these kind[s] of food.... On the days I would be making *chaats*, I would get a huge request from a variety of different people — from my friends' friends and *their* friends!"

During this time, Bhojani began to gain weight. Although weighing oneself in India is not common, others could see Bhojani's face filling out. "It was very visible," he says. "I remember when one of my cousins told me I had become *big*. And I asked him, 'In the sense that I look [like] a real adult now?' And he says, 'No, you've become fat!'" In fact, his friends and family started calling him *motu,* which in Hindi means "the fatso." Bhojani embraced his new nickname. "I did not feel anything negative. The tone was a very caring and loving one, I liked it.... It was not with the intention to make me feel bad."

But the weight gain began to affect Bhojani's health. After he went to work as a cancer researcher at the University of Michigan in 2001, following a four-year stint at the Max Delbrück Center for Molecular Medicine in Berlin, Germany, Bhojani learned from a routine physical exam that he was pre-diabetic and that his liver enzymes were elevated. Eventually, he was diagnosed with Type II diabetes. "The doctors told me I may have to do a liver scan just to see whether my liver is functioning properly," Bhojani says. "And when we did the liver scans, we found out that I have fatty liver...fat starts depositing around the liver and also goes to neighboring area[s].... It impedes the proper functions of these organs.... And that's the time I actually seriously started looking at my food and started reading about diabetes, nutrition, health."

Besides, Bhojani didn't have only his health to think about but that of his family: his wife, Sumi, and their two young sons, now 11 and 6. "It was shocking...my ignorance," he says. "We were actually circulating it to our kids."

As he researched better nutrition for himself and his family, Bhojani realized that sugar is one of the biggest contributors to ill health. And for evidence, he didn't have to look any further than his own cancer lab.

Cancer is diagnosed using a radioactive analog of glucose: fluorinated deoxy glucose (FDG). When it is injected into the body, FDG is recognized by the body as glucose; however, rather than degrade like normal glucose, it accumulates in cells that have a high affinity for glucose. Areas where the accumulation of radioactive glucose occurs — seen through positron emission tomography (PET) — indicates a cancer site. "If you test this logic on the other side," Bhojani states, "then, actually we can control cancer cells by starving those cancer cells of glucose."

"I've had people coming from California, from Chicago… sometimes they will drive three hours to just tell me, 'I'm coming and you have to make these chaats for me!'"
— Dr. Swaroop Bhojani

What opened Bhojani's eyes to this possibility was the case of his own cousin. Having been diagnosed with liver cancer that had metastasized, spread to the wall of his stomach, and begun showing up in his lungs, the cousin sent Bhojani his lab results. Bhojani shared them with his colleagues at the U-M, who recommended pain medication only because they were certain Bhojani's cousin had no more than six months to live.

Meanwhile, his cousin had chosen Ayurveda over conventional cancer treatments. Ayurveda (Sanskrit for “the knowledge of life”) is a 5,000-year old holistic system of healthcare developed in India that treats an individual as a whole, rather than treating just symptoms, to bring balance to the mind, body, spirit, and environment. Bhojani says the Ayurvedic doctors told his cousin that “cancer’s fed on sugar,” and they prescribed a low-glucose, low-carbohydrate diet supplemented with goat’s milk, flatbread made from African millet, tinctures, and herbs. Six months later, Bhojani received a new report from his cousin. “His cancer shrunk quite a bit,” Bhojani says. “On the stomach, they could not even find it…his lung nodes, the positivity was all gone…. That was my first experience where you could reverse an existing condition by decreasing the sugar.” That was two years ago. “He’s still alive,” Bhojani says. “I spoke to him [recently] and he said, ‘If I die, I will die of some other complication. I will not die of cancer.’”

Bhojani also decreased the sugar in his and his family’s diet. For example, he still allows his sons to drink their chocolate milk, but he blends it with carrots and spinach. He says the spinach binds “to a certain amount of sugar,” which prevents sugar spikes in the body and keeps his children feeling full longer. He also replaced what he calls the “bland sweetness” of sugar found in *chaats* with the more vibrant, well-rounded sweetness of dates, mangoes and tamarind, and the freshness of salsas made from spinach, kale, swiss chard, mint, and cilantro.

And just as when he cooked in his lab in India, Bhojani’s healthier *chaats* have gained a following. He exclaims, “I’ve had people coming from California, from Chicago… sometimes they will drive three hours to just tell me, ‘I’m coming and you have to make these *chaats* for me!’”

In addition to enjoying his friends and family’s enthusiasm for his cooking, Bhojani lost weight when he changed his diet, and his overall health improved. It was this combination of better health and outside support that convinced Bhojani to take his *chaats* public.

Starting small, he rented a commercial kitchen in 2010 for the annual India Day Event in Novi. With a group of volunteers, he sold 600 *chaats* within four hours. “We were like so backed up and literally like making a dish every 45 seconds,” he laughs. “It was so well-taken that I was shocked.” After three more successful events, Bhojani decided it was time to open a restaurant.

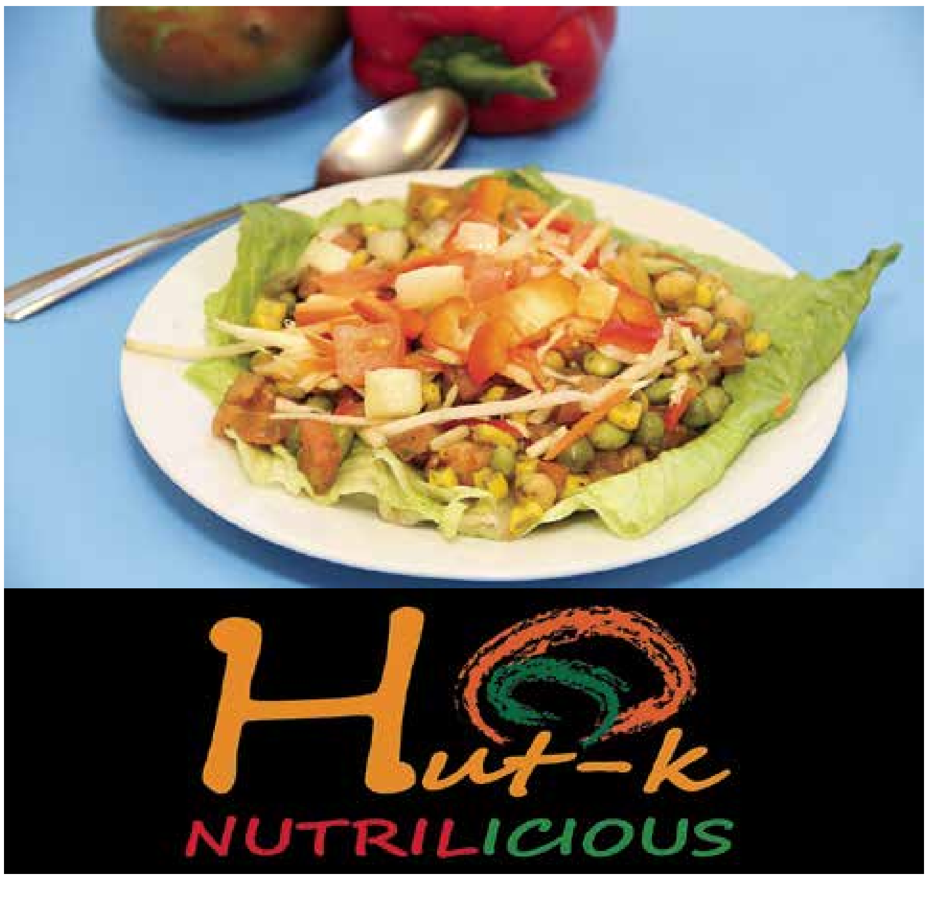
Taking a six-week sabbatical from his research position, Bhojani opened Hut-K Chaats on April 2, 2011 — the day India won the Cricket World Cup. It was an auspicious beginning. Though he was expecting only about 60 friends and family members to attend, over 250 customers poured into the new restaurant.

Not only have the customers kept coming, they’ve been reporting how much better the food at Hut-K Chaats is making them feel. Bhojani says that one customer swears his beet juice is the only thing that helps settle her nausea after her chemotherapy.

Bhojani, on the other hand, found that running his restaurant, working full-time in his lab, and trying to find time for his family was a recipe for stress. He began to gain weight again. And five months after the opening, Bhojani’s oldest son, then ten years old, called to give him what Bhojani called “a dad’s advice. He said, ‘Dad, your restaurant is not working well for me. We don’t get that much time together.’”

Knowing he could no longer keep up the pace he had set for himself, Bhojani chose his family. But he also kept the restaurant. Realizing that his food meant better health for him and his customers, he left his job as a cancer researcher on June 30, 2012. “I went to cancer research…to find a cure for cancer…. Literally, a cure for cancer lies in the prevention. Nothing better than food in preventing it.”

The spirit of research still infuses Bhojani’s life, both inside and outside of the restaurant.



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Calling his food “nutrilicious” for both its nutritionally-dense value and great taste, Bhojani created Back 2 Roots — six minimally processed dishes comprised of *roti* (flatbreads) that contain thirteen different kinds of whole grains, such as amaranth, African millet, and quinoa. “They don’t spike your blood sugars. When blood sugars are not spiked, then you do not see [an] insulin response,” he says.

Bhojani is experimenting with offering Back 2 Roots as frozen foods. Turning to the friends who’ve supported his journey (and who also gave his restaurant the name *Hut-K,* meaning “unique” in Hindi), Bhojani has sent several of them frozen Back 2 Roots foods. After six months in the freezer, the foods are thawed and cooked to see if they’ve maintained taste and texture. According to Bhojani, the foods have held up well — an advantage for breaking into the expensive and competitive frozen food market.

Bhojani also writes. Currently, he is working on an article called “Nutritional Oncology” about the roles antioxidants, anti-inflammatory agents, and sugar play in cancer. He’s also compiling recipes for a cookbook, tentatively titled *Nutrilicious Recipes: Delighting Mind & Nourishing Body*.

But what is most exciting to Bhojani is passing on his knowledge about nutrition to young people. He cooks with his sons and says they love to pick herbs and chop vegetables, although they dislike when their father sneaks spinach into their ice cream!

Bhojani also teaches other kids to take ownership for their health and food choices. From 2009 to 2012, he coached kids at Martin Luther King Elementary School for their Science Olympiads. He taught them how their bodies work like machines and how to read food labels. When parents started calling him, “saying that ‘my kid is asking whether Dr. Bhojani would approve of this food,’” Bhojani envisioned starting a nonprofit organization that would teach children what their bodies need for optimal health and would motivate them to make healthy food choices so these choices would then become lifelong habits. Bhojani has sought advice from experts in the fields of psychology, gastroenterology, integrative medicine, and pediatric endocrinology, and has been consulting with software engineers to develop a video game that reinforces positive food options. According to Bhojani, the nonprofit should be active by the middle of 2013.

Not only has Bhojani’s own relationship to food positively evolved, but it has put him on a unique path toward health — his own health and the health of his family and his customers. “I’m living my dream,” he says.

Hut-K Chaats is located at 3022 Packard, Ann Arbor, MI 48018 (734-786-8312) and at the Mark’s Carts food courtyard, 211 W. Washington Street, Ann Arbor, MI 48014. The website is http://www.hut-k.com/

Sustainable Health

The Skyrocketing Costs of Health Care: How the Patient Can Impact the Equation

By Dr. Molly McMullen-Laird

One of the biggest economic issues facing our nation is the funding of government programs for health care, Medicare and Medicaid, and the payments of private health insurance, either by the individual or the employer. It is well known that we pay twice as much as other countries for our health care needs, and most developed (and many developing) nations surpass our actual health ranking. What are we doing with these resources? Why do we tolerate such inefficiencies in health care and such exorbitant costs for mediocre results?

In my experience over the past 25 years in medicine, there has been an increase in the demands on physicians to focus on administrative tasks unrelated to the actual care of the patient. Our society places a high value on security and safety. We have created a standard of regulations that require a cadre of employees to understand and implement compliance. In order to keep the "business" of medicine working, the focus is on how to get reimbursement rather than on the patient and the problem the patient is presenting.

> **We, as Americans, are trained to over-consume in the pursuit of happiness, and we apply that orientation to our health care as well.**

From electronic medical records to new, more specific diagnosis codes, the burden of our regulatory policies is significant. The next strategy in health care administration is to create large entities called accountable care organizations. Through efficiencies created by centralized information access and flow, these organizations will supposedly become the answer to our nation's exorbitant health care expenditures and prevent duplication in services and procedures. However, my concern is that we are looking at just more of the same approach — only this time it's ramped up to a level such that no small practice will survive, the quality of health care will diminish, patients will be shuttled through the system, and costs and waste will not decrease.

Another direction in which our regulatory advances are headed is to require electronic prescriptions to the pharmacy. The idea is to reduce mistakes and to make it easier for the physician and the pharmacist to monitor medication use. While this approach has its advantages, the other side is that the pharmacy has a program that automatically generates a refill on prescriptions without the trigger of the patient or the doctor requesting the refill. As you can imagine, the over-dispensing of drugs is the result.

A nationwide study done in 1999 and 2000 by the United States Geological Survey (USGS) found low levels of drugs such as antibiotics, hormones, contraceptives, and steroids in 80% of the rivers and streams tested, which means active chemicals are likely ending up in our drinking water. The Environmental Protection Agency (EPA) mandates the filtering of contaminants and other harmful substances from our drinking water, but there are no standards for pharmaceuticals and not much funding available for even studying this potential public health issue. Should we not be spending some of the millions raised for cancer research on studying the potential effects of such contaminants rather than on continuing to search for the drug that will cure cancer?

> **We naively believe that the more times we are tested, the safer we are.**

We expect the government or the insurance companies to fix the skyrocketing costs of health care, but their approach — increasing standardization of medicine in order to strengthen compliance and safety and decrease duplication of services — is going to be more expensive in the long run. Why? Because the actual societal expectations of health care delivery are unsustainable, and no one wants to talk about that issue. We demand health care to be top notch, the best treatment for everyone. We allow the overprescribing of medications, lab tests, home care, and imaging procedures. We, as Americans, are trained to over-consume in the pursuit of happiness, and we apply that orientation to our health care as well. More testing must be better; free pills or devices provided by our insurance companies might be useful — they don't cost anything, so why not?

These basic attitudes and expectations about our health care cost all of us a lot of money, which we all complain about regularly. What we don't think about is the incredible waste of resources incurred with the increased treatments, testing, pill prescriptions, and medical devices. Imagine the whole footprint of a medical intervention. This is an area where we are using lots of energy, materials, and person power and creating lots of waste.

The amount of materials discarded daily in hospitals makes them a prime target for a massive overhaul in resource allocation and disposal. Patients are not conscientious about this because they have no incentive to decrease the waste. Again, patients rarely refuse the services of the home care agency or the extra supplies hospitals provide even when they know the items aren't really necessary. Since it is free, they agree to receive whatever the system will provide. With a similar mindset, a patient hardly ever says, "I just had blood drawn last month at another doctor's office. Perhaps we should look at that first." We naively believe that the more times we are tested, the safer we are.

In medicine, physicians are very keen to find out what every abnormal value might reveal, and we go to great lengths to be sure that it doesn't show anything pathological. We all have been taught that if you order 12 lab tests in a healthy subject, statistically one will fall out of the normal range. The results must be interpreted with a clinical understanding of the patient. Physicians would like to diagnose disease early and treat it when it is easily treated. We also have a litigious society, and all physicians are trained that it is better to over treat by a great measure than to face a lawsuit over missing a diagnosis. We do not tolerate mistakes in medicine.

It is past the time that our society should be looking at everything we do with an understanding of its environmental impact. We talk about climate change frequently, but we rarely get to the "Reduce" part of the three Rs (Reduce, Reuse, Recycle). What if all of us made a conscious effort to reduce what we eat? Again we are not in the mindset that it might benefit the planet if everyone ate less food! And consider the effect on diabetes, kidney failure, and heart disease. More and more discussion is happening about food waste in schools and restaurants, and they are starting to find ways to reduce it. The next step should be to look at medicine, analyze waste on all levels, and reduce the obvious redundancies.

> **Imagine the whole footprint of a medical intervention. This is an area where we are using lots of energy, materials, and person power and creating lots of waste.**

It would also be very helpful to incentivize health care by having a co-pay associated with services, drugs, and medical supplies. Many times I have heard a patient defer a medication they felt they didn't need because it had a co-pay of $10. Had it been free of charge, the patient would have simply filled it and not used it! A patient can also request smaller prescription amounts, such as 10 pills rather than 30. A standard prescription for patients leaving the hospital is 30 pills. Most of my patients do not need all those pills.

So what can we do right now? Everyone can become mindful that everything we consume, even medical care, has a carbon footprint. If you don't need something, you can voice that. For instance, if a patient declines intervention, the system can document "patient refused Vicodin prescription — will use Ibuprofen instead," and then health care practitioners are safely relieved of their mandate to offer each patient strong pain killers. You can refuse an unnecessary refill on a drug you are no longer taking if you know a computer generated that refill. You can ask your physician whether you really need a certain prescription and ask for the minimum amount at that time. You can treat health care resources like you would your own household resources and responsibly reduce your consumption, knowing that the system is rewarded for overuse and overtreatment. If the patient takes a part in this equation, it will change.

Dr. Molly McMullen-Laird is a holistic physician at Community Supported Anthroposophical Medicine. She and her husband have founded a direct primary care model at their practice, which operates under a monthly subscription contract with patients who want to be involved in their health care choices and who use the anthroposophical approach to medicine. The fees in this model have increased annually between 2% and 3% rather than the double-digit increases in conventional health insurance. She is also the Medical Director of the Rudolf Steiner Health Center, a holistic inpatient center for patients with chronic illnesses and cancer. Her office number is (734) 222-1491, or she can be reached by emailing: csam@steinerhealth.org.

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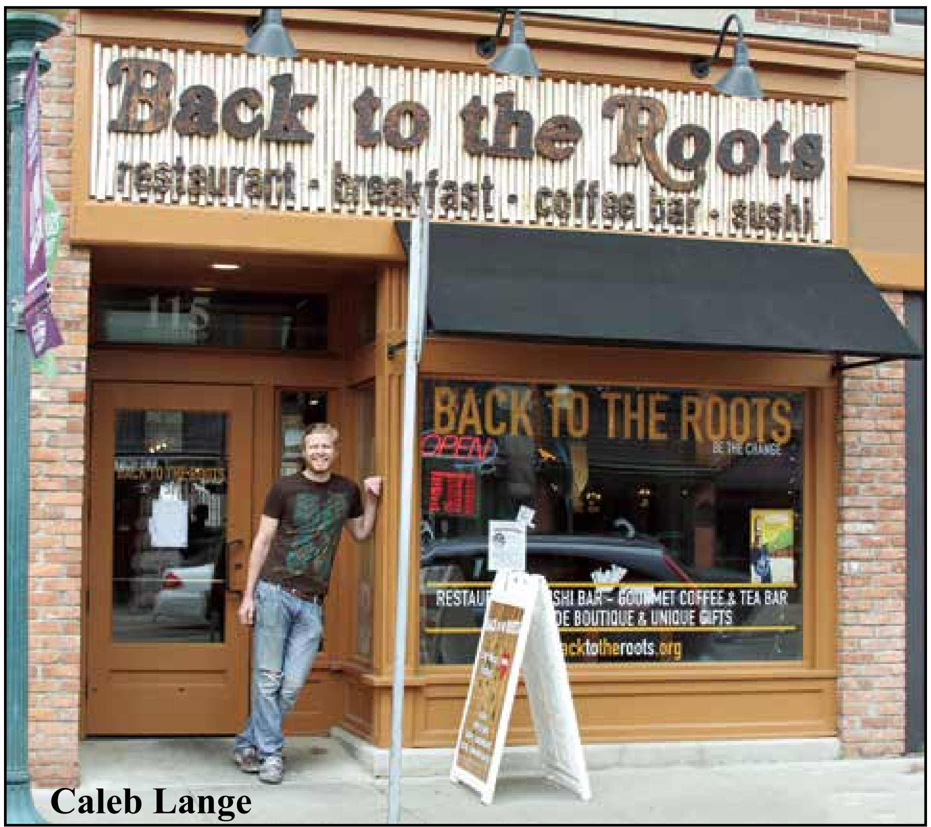
Leaps of Faith:

Tales of Local Businesses

By Mary Runser
Photos by Susan Ayer

This is one in a series of articles we've been doing on local business owners and their businesses. What follows are profiles of two interesting businesses that are thriving despite the odds. One of the businesses, Back to the Roots, is fairly new. The other, Collected Works, is 36 years old and an Ann Arbor institution.



Caleb Lange

"We want to connect and be part of the community whether it means donating our time, or whatever we can do."
– Caleb Lange, Co-owner of Back to the Roots

Back to the Roots

Sushi, Coffee, and Global Humanitarianism

Caleb Lange, Jason & Ida Bendinelli, and Jason & Suzei Povlich, owners
Back to the Roots Restaurant and Cafe with Gourmet Coffee Bar, 115 S. Main Street, Chelsea, Michigan 48118; (734) 475-2700; website: backtotheroots.org

Not only is Back to the Roots a restaurant and cafe featuring a diverse menu with fresh food from local farms, it is also a music and art venue for local artists, a place where you can buy fair-trade clothing, and a community of people passionate about global change. Located in Chelsea, Back to the Roots opened in 20ll when Caleb Lange, Jason and Suzei Povlich, and Jason and Ida Bendinelli combined their talents and philanthropic activism. Lange, co-owner, first met the Povlichs and the Bendinellis in 2008. Before then, the humanitarian, musician, and master sushi chef had been traveling around the world helping others.

While on the music festival circuit, Lange met Jason and Ida Bendinelli and Jason and Suzei Povlich…. As they began to talk with each other, they found they had common goals of seeking more purpose in their lives, and seeking something bigger than themselves.

Left - Jason Bendinelli, Co-owner of Back to the Roots

Lange's interest in helping impoverished people began while he was a college student at Tennessee Temple University, and he "felt compelled and empowered to go to Africa." While the university offered short trips, usually a week to a month long, Lange wanted to go for a longer period.

In addition to gourmet sushi rolls, the diverse menu includes hearty American breakfasts, fish and rice bowls, and rich desserts.

After researching several nonprofit agencies, he discovered a Christian missionary group called Africa Inland Mission (AIM) that had a year-long program, similar to an internship. With AIM, Lange traveled to Swaziland, Africa, where he worked with AIDS victims and sex trafficking victims. He also structured a curriculum for poor high school students so they could further their education, and toward the end of the program, he was involved in creating a food program for children. The program still feeds up to 1,200 children in rural Swaziland areas.

The restaurant stage provides a concert venue for local musicians, and local artists exhibit their work on the restaurant walls.

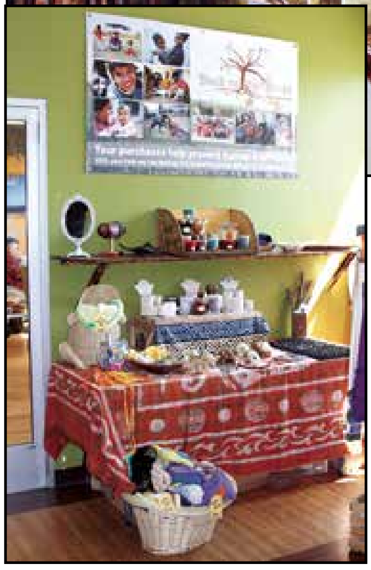
After leaving Swaziland, Lange joined the AIM staff and traveled from South America to Asia and Africa. He eventually led a trip to India with an AIM team in March of 2007. At that time, Lange and a few of his friends decided to start a safe haven and an educational training center for women and children who were embroiled in sex trafficking. “Due to the cultural shame of rape, women [in India] often turn to prostitution in order to support themselves because they are ashamed to go home, and have no other means of support,” he explained.

Lange and his friends were able to rent a local building after pooling some money together. They initially took in two children. Now the home, called Asha House, provides shelter for 26 children. After starting Asha House, Lange decided to break from AIM in 2008, return to the United States, and start his own nonprofit organization to fund Asha House and support other global charities.

Feeling a “disconnect with American culture and American religious culture,” Lange decided to join the homeless. He lived in his car and in shelters while he traveled to music festivals in order to raise awareness about Asha House. He also sold fair-trade merchandise that he had purchased before leaving India in order to support Asha House and to provide self-sustenance.

While on the music festival circuit, Lange met Jason and Ida Bendinelli and Jason and Suzei Povlich. The Bendinellis owned a fair-trade retail store called Back to the Roots in Colorado Springs, Colorado, and they were selling their merchandise at the festival. “They had a mega booth literally 12 times the size of my booth! And my tiny little booth was right next to theirs,” Lange described. At first he was worried they would put up too much merchandise for him to be able to compete, but as they began to talk with each other, they found they had common goals of seeking more purpose in their lives, and seeking something bigger than themselves. When the couples heard Lange’s story of Asha House, they knew they wanted to become involved with this type of charitable work.

Eventually, the Bendinellis and the Povlichs moved to Chelsea, Michigan, to start a Jet’s Pizza franchise. But, Lange said, “It was in their hearts to start another Back to the Roots.” Their goal was to open a fair-trade retail store that was also a little tea bar with some organic food options. And one night, over a few beers at Jet’s Pizza, the Bendinellis, Povlichs, and Lange decided to partner and start a Back to the Roots in Chelsea. “Our goal is always to help with sustainability and empowerment; whatever we can do,” Lange said.



Lange took a position at Back to the Roots as an owner-operator and master sushi chef. He said he didn’t know anything about operating a restaurant or making sushi when he first began, but he has gained much experience in the two years the business has been open. In addition to gourmet sushi rolls, the diverse menu includes hearty American breakfasts, fish and rice bowls, and rich desserts.

The restaurant is one component of the group’s larger humanitarian mission. The nonprofit aspect of Back to the Roots, which was started before the restaurant, aids many projects, including Asha House. It also helps with a food and shelter program in Haiti and funded a heart surgery for a poor Haitian boy. “Ten cents of every dollar goes toward the nonprofit aspect,” said Lange. “As we expand, we hope to donate more.” Back to the Roots also solicits donations on its website: http://backtotheroots.org.

In addition to global efforts, Back to the Roots is actively involved in the local community, providing an open stage for nonprofits that need a venue. For example, the Waterloo Recreation Area Education Program recently sponsored a talk about some of their nature programs available for kids. The restaurant stage also provides a concert venue for local musicians, and local artists exhibit their work on the restaurant walls. The restaurant employs 30 people, and buys its food from local farmers.

Lange says that ultimately they would like to partner with local job program organizations to help people learn the restaurant business. “We want to connect and be part of the community whether it means donating our time, or whatever we can do.”

Feature continued on page 32

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The restaurant is one component of the group’s larger humanitarian mission. The nonprofit aspect of Back to the Roots, which was started before the restaurant, aids many projects.

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Leaps of Faith:

Tales of Local Businesses

Feature continued from page 31

Irene Patalan

> **“We were, and still are, driven by the artistic. We carry things you cannot find at the mall.”**
>
> **– Irene Patalan Co-owner of Collected Works**

Collected Works

Clothing as Art

Irene Patalan and Rich Thompson, owners

Collected Works, 303 Detroit Street, Ann Arbor, Michigan 48104; (734) 995-4222; website: collectedworksannarbor.com

In 1977, Collected Works was born in the basement at 309 E. Liberty Avenue. Created by husband and wife team Irene Patalan and Rich Thompson, the homegrown women’s clothing store derived from the couple’s eye for the artistic, and their political activism as college students at U-M. Over 30 years later, the store still reflects the couple’s artistic sensibility and their activism in the Ann Arbor community.

“It was both a fabulous time and a horrible time,” Irene said of her experience at U-M amid the Vietnam War and continuing Civil Rights Movement. It was horrible because of the causalities at war and on home soil, and it was fabulous because she became part of the widespread response to the war and the unfair treatment of minority groups. “I remember we closed down the University in protest as part of the Black Action Movement. We wanted more equality in faculty representation. It was a time when we were surrounded by traditional life values, but those values had been challenged, and we could see that life could be different; things could be done differently,” Irene recounted.

> **“During the time when polyester was the fabric of the day, we decided that we would sell no petroleum-based clothing; only beautiful and beautifully made fabrics should touch our bodies.”**

It was with this post-60’s counterculture sensibility that Irene and her husband, Rich (though they were not married at the time), approached opening and running Collected Works. “During the time when polyester was the fabric of the day, we decided that we would sell no petroleum-based clothing; only beautiful and beautifully made fabrics should touch our bodies.” Whether music, painting, sculpture, or written word, art was thriving globally and locally, capturing the sentiment of the younger generation. Irene and Rich joined the movement with unique clothing and accessories. “We were, and still are, driven by the artistic,” Irene explained. “We carry things you cannot find at the mall.”

In its first basement location, Collected Works carried a lot of jewelry and accessories. Most items were handmade and hand-sewn by small groups of people trying to live differently than the “norm.” Rich and Irene embraced clothing’s ability to serve as a reaction to politics and a statement of personal beliefs. “I remember a time when we sold sundresses made out of burqas,” Irene said. “The bodices were made out of the burqa, and the rest was made from other fabrics. Now, just imagine using something so fraught with political overtones to make an article of clothing as [light and whimsical] as a sundress. And they were made by Afghani women.”

During the early years of business, Rich traveled often for work and would come home with ideas about what other items the store should carry and what things were working in other locations similar to Ann Arbor. Meanwhile, Irene ran the store and began raising their family. She even gave up teaching to own and operate Collected Works.

> **In its first basement location, Collected Works carried a lot of jewelry and accessories. Most items were handmade and hand-sewn by small groups of people trying to live differently than the “norm.”**

In the 1990s, Collected Works moved to Main Street in downtown Ann Arbor, and Irene and Rich quickly became innovators in promoting Main Street businesses. Together with the proprietresses of the Fantasy Attic (now located on Packard) and Generations (no longer in business), the couple met once a week at the Real Seafood Company to plan out promotions for Main Street. Two of those promotions, the Car Show and Taste of Ann Arbor, continue today.

Around this same time, Irene, her son, and a Collected Works customer named Susan Lerch decided that something needed to be done to help fund AIDS research and education. “This was the early 1990s,” Irene explained. “Ann Arbor [as a community] was talking about AIDS, but nobody was really doing anything yet. The three of them, along with help and inspiration from family, friends, and customers, initiated the first Ann Arbor AIDS walk at Collected Works. "We went around to all the Main Street businesses and asked the owners if they would support [the cause]," Irene explained. "It was truly wonderful the way our business community stepped up and supported that first AIDS Walk. And, 23 years later, Ann Arbor still does the AIDS Walk annually."

Irene still carries beautiful fabrics and prints from locations such as Africa and India, but most are produced by American women.

After a few years at the Main Street location, Irene and her husband felt that it was time to take a different approach in their business. "While what we were doing was wonderful and we loved it, we realized we were getting older. That's a hard lesson because you don't think about it, well, until you have to. We found ourselves at a real crossroads as to whether we would continue with the store or not," Irene said. The location, formerly a music store with several rooms and several large pieces of furniture, was simply too much to maintain and too difficult to fill with merchandise. "It was a great space. It was a place where I'd practically raised my children and met such fabulous women. It was a place…where women could come and feel comfortable with what they were wearing and with their bodies," Irene recalled. She didn't want to stop being a part of and helping to create that atmosphere, so in 2000, Collected Works left the 2,500-square-foot space and took residence in a much more manageable 590-square-foot space on Detroit Street, where it has been for the last 12 years.

Three years ago, Collected Works underwent yet another transformation. When the business next door moved a little closer to the heart of downtown, Irene was inspired to expand. "Two wonderful women owned a floral shop in that space, and we got along beautifully. It was such a joy having the floral shop and the clothing store right next door to one another," Irene said. Though she knew she would miss her neighbors of 10 years, Irene immediately thought of how she could utilize the space, and she "couldn't deny the idea was appealing." The economy at that time was improving, but expanding was still a risk. "I wondered to myself whether this was the universe's way of telling me it was time to once again expand Collected Works. I'd taken risks before, so why not?" And so, in 2010, Collected Works grew to 1,300 square feet.

"You know, Ann Arbor is a special place because it welcomes the new and different, and as a community, it supports creativity. This cannot be said of every town across America."

"I've noticed a new trend within the store," Irene explained. "About 80 percent of the clothes makers I carry are American women. Is that amazing or what?" Most of them either run small solo operations or have just a handful of employees. Some have worked for other clothing manufacturers and have decided to strike out on their own and began designing their own lines. Irene found most of these designers displaying their lines at clothing shows in New York, California, Chicago, and Georgia. "I just find it interesting to note that as political thought has changed and centered on more homegrown, eco-friendly, small business sorts of things, that my business has done the same thing." Irene still carries beautiful fabrics and prints from locations such as Africa and India, but most are produced by American women.

Through its many storefront changes, Collected Works has stayed true to its mission and has evolved as an Ann Arbor institution. In her many years as a business owner, Irene said the biggest lesson she has learned is to be grateful. "You know, Ann Arbor is a special place because it welcomes the new and different, and as a community, it supports creativity. This cannot be said of every town across America.... I'm grateful for all the amazing women I've met throughout the years, and for this fabulous community that has supported Collected Works through all its incarnations. Most of all, I am grateful to my family, especially my husband, who has loved me unconditionally, supported me, and worked as hard as I have over the years to make all of this possible. I'm grateful for where I'm at and who surrounds me, and I must never take it for granted."

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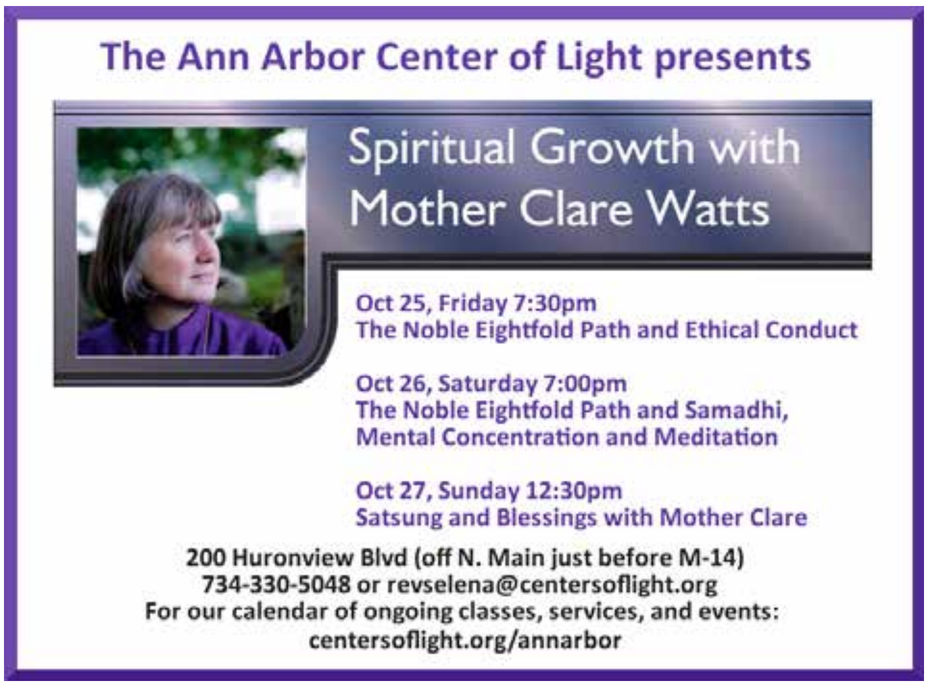

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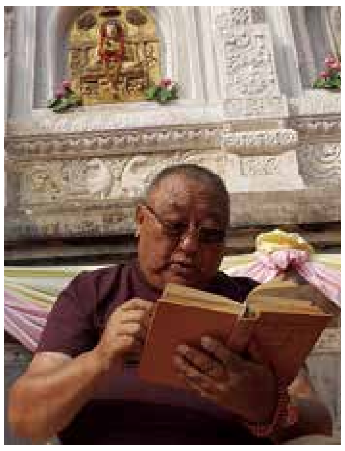
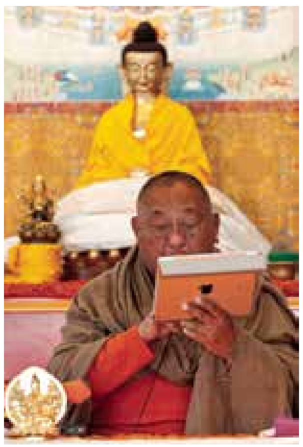
Gelek Rimpoche —
Tibetan Buddhist Lama for the 21st Century

By Kathleen Foxworthy Laritz

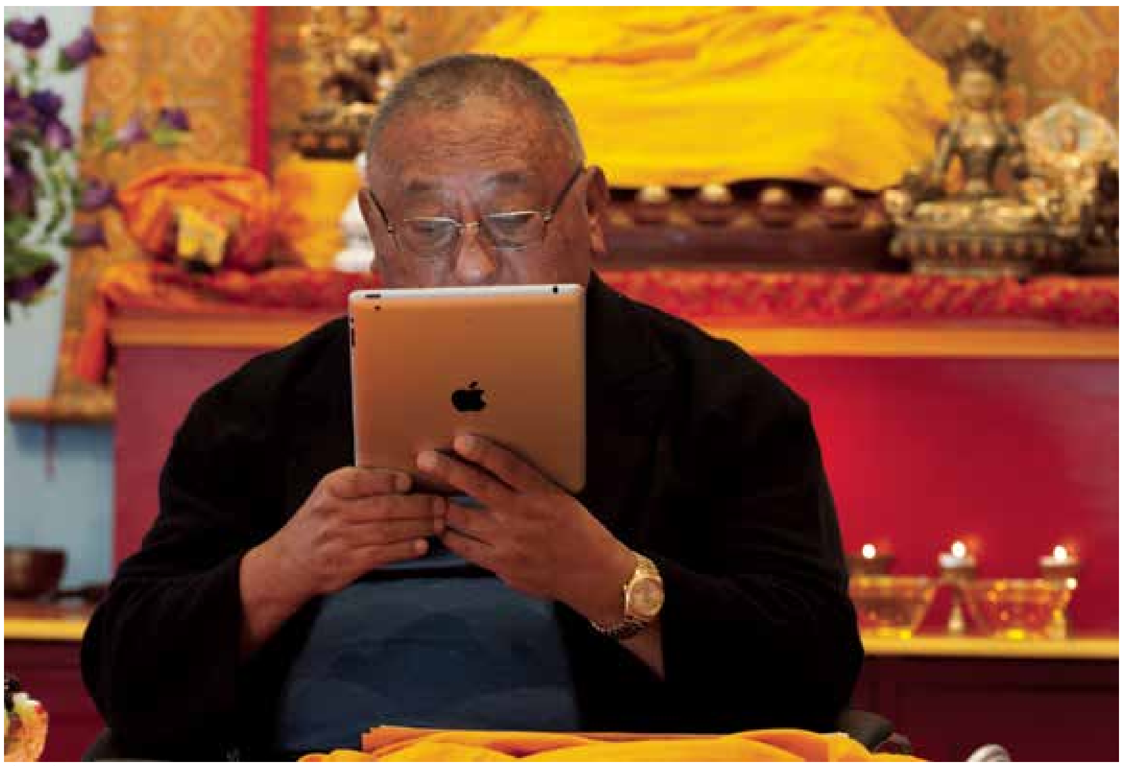


Photo by Peter van Wanrooij

Many Ann Arbor area residents know Jewel Heart's Gelek Rimpoche as Gelek or "Rimp" or perhaps just as the guy next door, while his colleagues, students, and friends marvel at the rare twist of fate that allowed Gelek Rimpoche, an incarnate Buddhist Lama, to not only come to Michigan but to live right here in our midst.

Rimpoche adds a little more to the picture when he shares how the 1959 experience of his sudden exodus from "Old Tibet" was akin to being airlifted from the 16th or 17th century and dropped squarely into the middle of the 20th century. Of course, it was much more complex than that. Due to the Communist Chinese invasion of Lhasa, Rimpoche was forced to flee his home and find his way to India over the treacherous Himalayas, not long after the narrow escape of His Holiness the Dalai Lama.

Ever humble, Rimpoche is quick to caution audiences that he learned about American life and language by watching TV, adding with a smile — especially the series *Days of Our Lives!*

Living in India became a life changing time for Rimpoche, with exposure to a world completely different from his previous way of life. He often speaks of this transition period as a time to explore many new possibilities. He wore various hats while in India, including serving as headmaster of a school for exiled Tibetan children, working at the newly formed Tibet House in Delhi as well as at Air India Radio, and compiling over 1,000 interviews about the fall of Tibet. All of this while also participating in other roles serving the needs of his many teachers and the exiled Tibetan community.

In 1980, friends Aura Glaser (who founded Crazy Wisdom in 1982, and ran it until 1989) and Sandra Finkel met Rimpoche while they were traveling and studying in India. They quickly invited Rimpoche to Ann Arbor upon their return home, and he was happy to accept. He came to the U.S. to work with Tibetologist Melvyn Goldstein at Case Western Reserve University in Cleveland and would drive up to Crazy Wisdom to give public talks in the early 80's.

Rimpoche soon became a full-time resident of Ann Arbor, and in 1988, he co-founded Jewel Heart with Glaser and Finkel, a non-profit organization dedicated to the authentic preservation and presentation of — and accessibility to — Buddha's message through the Tibetan Buddhist tradition of Je Tsong Khapa. At Jewel Heart, Rimpoche offers teachings on Sundays and hosts retreats throughout the year.

Ever humble, Rimpoche is quick to caution audiences that he learned about American life and language by watching TV, adding with a smile — especially the series *Days of Our Lives*! That being said, his friends know that Rimpoche's traditionally intensive education and upbringing as an incarnate Buddhist Lama in Tibet has provided him with a remarkably clear perspective on life and adaptability in the 21st century.

Gelek Rimpoche not only finds himself completely at home with the gadgets of the day, but he's also willing to transform them into the perfect vehicle for a 21st century Tibetan Buddhist Lama.

Indeed, Rimpoche's fluidity with the language and culture of our time reveals his deep understanding of the universality of human experience as well as his perceptive wit — a wit that is quick to convey a light-hearted touch to life's sometimes difficult lessons.

Rimpoche's embrace of Western culture has allowed our community accessibility to a Tibetan Buddhist Lama in a way that is dramatically different from what his life otherwise might have allowed. Back in Tibet, Rimpoche was born into a family belonging to the high society of politics, government, and monastic communities. In fact, his great-uncle was the 13th Dalai Lama.

From that unique vantage point, Rimpoche studied with the greatest spiritual masters of the day, was a firsthand witness to history in the making, and had the uncommon privilege to experience whatever technology managed to find its way into Tibet at that time. He often enjoys sharing his boyhood memory of the first time he witnessed someone using a telephone in Tibet. He recalls being unable to stop laughing at the sight of someone standing in the middle of a room, speaking to himself while holding an unfamiliar object — a.k.a., a telephone.

Photo by Kathleen Foxworthy Laritz

Rimpoche with Aura Glaser, co-founder of Jewel Heart.

Rimpoche as a young Lama in Tibet with his attendant in the background. Photo by his father, Demo Rinpoche.

Now, mindful of technology's ever changing developments, Gelek Rimpoche not only finds himself completely at home with the gadgets of the day, but he's also willing to transform them into the perfect vehicle for a 21st century Tibetan Buddhist Lama.

One example occurred during Rimpoche's 70th birthday celebration when the late Gene Smith of the Tibetan Buddhist Resource Center in New York arrived to personally deliver one of the first hard drives to hold the largest scanned Tibetan collection of classical Buddhist literature. As a young man, Rimpoche had collaborated with Smith and the U.S. Library of Congress not long after arriving in India. Known from early childhood for his remarkable memory, Rimpoche was pivotal in collecting, editing, and preserving 170 volumes of precious manuscripts that, in the aftermath of the Communist invasion, would have otherwise been lost to humanity. Rimpoche continues to work tirelessly for the preservation of Tibetan Buddhism and Tibetan culture, which is still at risk to this day. So it was certainly a special day when all those years later Smith presented his friend with the results to date of this lifelong project, now available in a little portable electronic box. In addition to this precious digital resource, Rimpoche will sometimes search the web for particular Buddhist texts and commentaries, now downloading them directly to his iPad!

Rimpoche's outreach through technology is visible via simple day-to-day needs, whether he's using Power Point to design an elaborate presentation demonstrating the meaning of the many images used in Tibetan Buddhism, or relying on Skype to keep in close touch with people around the world.

Enjoying technology's qualities of accessibility and connection, Rimpoche remains alert for new avenues that will make it easier for people to bring a little wisdom, compassion, and peace into their lives. This is evident through Rimpoche's open approach to both dharma and technology. From the dharma, or spiritual window, we hear it when Rimpoche reminds audiences that Buddha's message of compassion and wisdom is for everyone and that one needn't be "Buddhist" to develop those qualities to the fullest.

At a retreat in Ann Arbor a few years ago, the room was abuzz with giggles when people realized this ancient tradition and their technology-hip teacher had joined forces as they watched Rimpoche's fingers swiping the screen of his iPad in search of a passage from a centuries-old commentary he wanted to share.

From the technology angle, we see with the Jewel Heart website (jewelheart.org) one of the most far-reaching aspects of Rimpoche's 21st century method. Among its many features are free audio and video talks available on the homepage, and a subscription service that allows people around the globe to enjoy Rimpoche's teachings and public talks through both live stream and recorded on-demand formats. The webcast subscription hosts live teachings every Sunday morning at 10 a.m. as well as special events with Rimpoche and prestigious guest speakers, some of whom have included Rimpoche's own teachers. The vidcasts have also included such guests as Jewel Heart Board Member and international composer Philip Glass; the magnetic Indo-Tibetan scholar Professor Robert Thurman; and pioneering scientist and researcher Dr. Richard Davidson, founder and chair of the Center for Investigating Healthy Minds.

Rimpoche also demonstrates his appreciation for the opportunities available today by encouraging students to pursue doctorate degrees in the fields of psychology and the sciences, with many of his friends working in fields seeking a better understanding of the body and mind relationship.
The fields of science, mental and physical health, education, sports, and business — to name a few — are on the brink of recognizing the practical applications that mind training, or meditation, holds for society. As a spiritual teacher, Rimpoche is happy to share the efficacy of such training, an inner science of mind that helps us manage our lives with clarity, care, and understanding. His unique way of sharing Buddha's message coupled with technology's global accessibility holds promise for a better world for everyone.

Photo by Peter van Wanrooij

Gelek Rimpoche with His Holiness the Dalai Lama in 2008 following His Holiness' Inaugural Ceremony for Jewel Heart.

Enjoying technology's qualities of accessibility and connection, Rimpoche remains alert for new avenues that will make it easier for people to bring a little wisdom, compassion, and peace into their lives.

A welcome guest to scientific conferences himself, Rimpoche once participated in a panel discussion with futurist, author, and inventor Ray Kurzweil, on the possibility of a consciousness entering a computer. Rimpoche pointed out that when the conditions are right, anything is possible! Indeed, Buddhism and modern science are coming together in many ways to explore and understand the realities we all experience, as well as to understand the moral issues that accompany them. Early on, for instance, Rimpoche was quick to comment on cloning and the need to reflect wisely on the important moral issues associated with it.

Fascinated by technological advances, Rimpoche keeps things hopping wherever he goes. At a retreat in Ann Arbor a few years ago, the room was abuzz with giggles when people realized this ancient tradition and their technology-hip teacher had joined forces as they watched Rimpoche's fingers swiping the screen of his iPad in search of a passage from a centuries-old commentary he wanted to share.

In reference to Tibetan paintings, which often depict beings carrying tools symbolic of their individual qualities and attributes, a friend recently shared how he would picture Rimpoche. He visualized him with the traditional Tibetan bell and vajra, but thought a cell phone and a TV remote would make a fitting addition to show how well versed Rimpoche is on everything happening in the world, be it politics, world and domestic events, technology, or movies — the list goes on. Savvy with the day's latest inventions or touched by recent news, Rimpoche regularly includes them in his teachings, whether he's humorously introducing an image from a recent commercial or movie, or offering keen insight in response to news of tragedy, controversy, or accomplishment.

At a recent retreat, Rimpoche was asked if he could explain where karma is stored, to which he replied with impish delight, "Why, in the Cloud, of course!" Needless to say, his reply was met with shared looks of surprise, followed by sounds of uproarious laughter.

Gelek Rimpoche is the spiritual leader of Jewel Heart, founded in 1988 as a non-profit organization with Ann Arbor serving as the international headquarters. Kathy Laritz is the Jewel Heart Program Director along with Hartmut Sagolla. She has worked for Gelek Rimpoche and Jewel Heart since 1988. On Sunday mornings, Jewel Heart offers teachings with Gelek Rimpoche from 10–11 a.m. Jewel Heart is located at 1129 Oak Valley Drive, Ann Arbor, Michigan 48108. To learn more about local and other programs, email programs@jewelheart.org or visit www.jewelheart.org.

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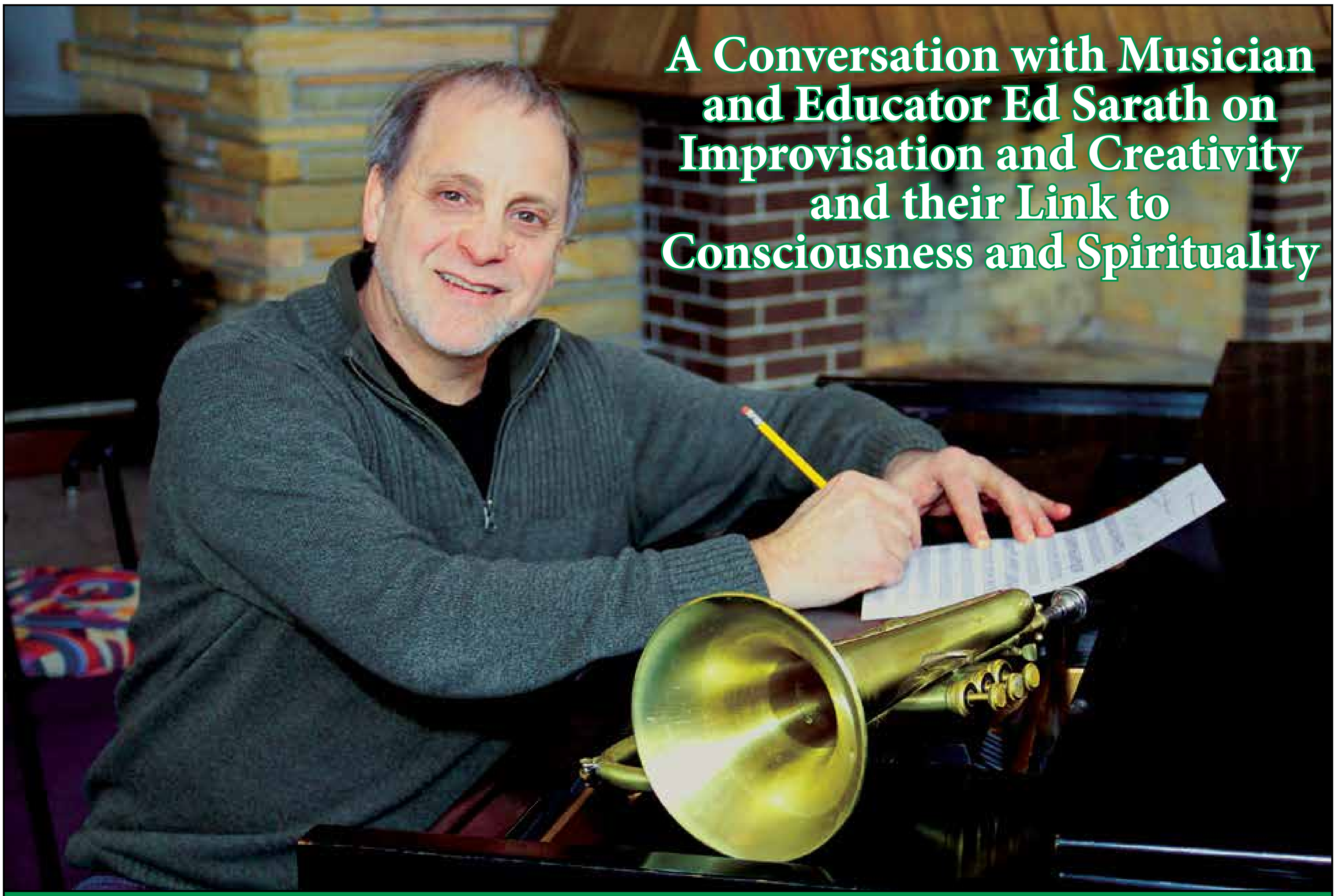
A Conversation with Musician and Educator Ed Sarath on Improvisation and Creativity and their Link to Consciousness and Spirituality



Humanity is an improvising ensemble that, even with its seven billion members, needs to function just like a jazz trio or quartet — digging deep into the present moment to fathom heightened inventive and interactive strategies in order to address the "chord changes" of our world.

By Maureen McMahon
Photos by Joni Strickfaden

This past December I had the pleasure of attending a celebration of the 150th anniversary of the birth of the great Indian poet Rabindranath Tagore at Hill Auditorium. In a grand collaboration, the 90-voice University Choir, 20 strings, multiple jazz soloists, poets, and Sreyashi Dey's Odissi dancers (featured in our winter 2012 issue) brought Tagore's poetry to life in a technically fascinating and beautiful performance. To me, it represented the best of what a university can offer and I wanted to learn more about this multi-disciplinary work's genesis.

The creative director at the center of the collaboration was Professor Ed Sarath, a performer, composer, recording artist, and author. In addition to his large body of work in music and music learning, Sarath has pioneered the integration of contemplative studies into traditional academics at the University of Michigan for the past decade. I spoke to him about these endeavors and the unique cross-disciplinary community he has formed through the Program for Creativity and Consciousness Studies.

Ed, you are a musician and composer. What do you play? What kinds of works have you composed?

The flugelhorn is my primary instrument. My music draws from a wide range of influences, and I have composed for many different kinds of ensembles. My most recent recording features the London Jazz Orchestra performing a set of my compositions for large jazz ensemble. As you know, last December I had works performed in Hill Auditorium for the 150th anniversary of the birth of Tagore. I set two of his poems to music for this concert, and can attest that there is little more exciting than to have 125 performers play your music.

We are at a historic juncture where education as largely an exterior, objective affair is opening up to the interior, subjective dimensions of the learner. I call it crossing the "exterior-interior divide."

I thought the Tagore celebration was fantastic, really showcasing a university's potential for outstanding artistic collaborations. In addition to composing and teaching, you are an author with a book coming out and have published many articles. You have also founded and serve as president of the International Society for Improvised Music. How do you juggle everything?

Actually, the new book is my second one within a few years. I published a musicianship textbook in 2010 called *Music Theory Through Improvisation*, which came out on Routledge. My forthcoming book is more of a philosophical nature, *Improvisation, Creativity and Consciousness*: *Jazz as Integral Template for Music, Education, and Society* (SUNY/Albany, 2013), due out in June. I am also co-editor of a forthcoming volume on contemplative education, called *Contemplative Approaches to Learning, Teaching and Inquiry*, also coming out on SUNY this year.

Yes, I have had to learn to be super organized in terms of time management, and work in cycles. Sometimes the music takes precedence, other times the scholarship — although it is important to sustain some degree of activity in the different realms even when they are on the backburner. I might add that the academic writing was not originally in the game plan when I joined the music faculty in 1987. It was just that I saw a need for a kind of story to be told in that world — about improvisation and creativity and their link to consciousness and spirituality — that I felt I could make important contributions to.

This first began to dawn on me in my work teaching improvisation to classical musicians, which I do with both students and professionals. It is one of my most favorite activities, and I was in Siberia for just this purpose last November. But oftentimes, classical performers who are courageous enough to try improvisation tend to view it as a kind of embellishment to interpretive performance, something that may free them up, deepen their expressivity, but not a deep means of music making in its own right. And when it comes to jazz or other music with Black roots, I find the same kind of lack of awareness of its transcendent foundations. So in addition to designing coursework and methodologies that aim to cultivate this depth of perception and appreciation, there has been an equally important need for theoretical/philosophical models that also illuminate this depth. My new book goes into this, which is essentially the primary motivation for my founding the International Society for Improvised Music (ISIM) in 2004.

Can you tell us more about that organization?

The basic idea is that the past several decades have seen the emergence of a wave of musical activity that transcends conventional categories to a degree that defies description. So musicians have resorted to describing this wave in terms of the underlying process — improvisation — that is central to the synthesis. I had long felt the need to form an organization predicated on this principle, not only to empower musicians in the field but also to help promote the incorporation of improvisation — from both style-specific and stylistically-open perspectives — in musical study.

So ISIM was formed, with conferences held here in Ann Arbor at U-M, Denver, Chicago, Santa Cruz, and New York. Plans are being laid for the organization's first overseas event. Many leading artists have been involved, including Pauline Oliveros, Steve Coleman, Oliver Lake, Karl Berger, Charles Lloyd, Stephen Nachmanovitch, Geri Allen, and Jin Hi Kim.

What are your roles at the U-M School of Music? Please explain more about your areas of interest and academic expertise?

I am Professor of Jazz and Contemporary Improvisation at the U-M School of Music, Theatre, and Dance. I also direct the Program in Creativity and Consciousness Studies, which is a cross-campus initiative affiliated with the National Center for Institutional Diversity. During the course of a given academic year, I teach an innovative, improvisation-based approach to musicianship studies for classical undergraduate music majors, a contemporary improvisation class for classical and jazz students, a graduate improvisation class for jazz students, and a course in creativity and consciousness open to students from across campus. And last fall, I taught a graduate seminar called "The Music School of the Future," which is based on a chapter from my forthcoming book.

So my teaching spans the same kind of wide-ranging boundaries as my music and my scholarship do.

Academic writing was not originally in the game plan when I joined the music faculty in 1987. It was just that I saw a need for a kind of story to be told in that world — about improvisation and creativity and their link to consciousness and spirituality — that I felt I could make important contributions to.

How did the Bachelor of Fine Arts in Jazz and Contemplative Studies come about? What is the connection between improvisation and contemplative practices?

The B.F.A. in Jazz and Contemplative Studies, which was put in place in 2000, has an interesting story. I had long been interested in the improvisation-meditation relationship and would commonly incorporate meditative practices in my improvisation classes. I think of improvisation as a parts-to-whole vehicle for creativity-consciousness integration, and meditation as a whole-to-parts vehicle. The two processes complement each other wonderfully. It occurred to me that students would benefit from a class that was entirely devoted to this connection, and which addressed the consciousness component more fully.

An opportunity to design such a class presented itself in 1997 when the American Council of Learned Societies launched its Contemplative Practice Fellowship program, the purpose of which was to support the use of meditation and related practices in university coursework. I was among the first round of fellows in this landmark initiative and designed the creativity and consciousness class. A few years later, it occurred to me that students who were interested in even further grounding in this area could benefit from a curriculum with a significant meditation component. At which point I drew up a proposal for the B.F.A. in Jazz and Contemplative Studies curriculum. As the first curriculum of its kind — in or beyond music — at a mainstream academic institution, it is not surprising that it stirred quite an intense debate among the music faculty. But it passed with close to a two-thirds majority!

To me, it's really exciting to hear that contemplative practices made it into an academic curriculum, especially towards a university degree at a top music school. What was the gist of the debate?

For many faculty, in and beyond the jazz department, the connection between jazz and meditation seemed perfectly natural, and some were genuinely excited about this as a potentially pioneering curriculum. Loren Hollander, the great concert pianist, heard about the proposal and sent me a nice email expressing his strong support. Gaining that feedback from an artist of that stature in the classical world was quite encouraging. Shortly after that I ran into the great jazz saxophonist Michael Brecker at a festival we were both playing in Paris, and he had heard about the proposal and was equally excited. As the debate was playing out, there were colleagues outside of music, both at U-M and across the nation through the contemplative studies network, that were also following the debate intensely.

And of course, as I mentioned, there were others who did not share our enthusiasm. Why not? A number of causes might be cited, ranging from challenges inherent in assessing meditation in credit-bearing academic coursework, using class time for students to meditate (a very small percentage of total class time), and possibly creating openings for what might be construed as spiritual practice in the academy. I view all of these concerns as valid from a certain standpoint, and, in addition to addressing them during the advocacy of the proposal, have elaborated on my rationale in a number of articles that have come out in the years since the degree has been in place.

A point I argue is that we are at a historic juncture where education as largely an exterior, objective affair is opening up to the interior, subjective dimensions of the learner. I call it crossing the "exterior-interior divide." Colleagues who are disposed to the conventional model as the gold standard against which alternatives need to be weighed will naturally be averse to a curriculum like the one in question. In my experience, a growing number of colleagues throughout education find the conventional paradigm insufficient to the challenges of our times.

"I think of improvisation as a parts-to-whole vehicle for creativity-consciousness integration, and meditation as a whole-to-parts vehicle. The two processes complement each other wonderfully. It occurred to me that students would benefit from a class that was entirely devoted to this connection..."

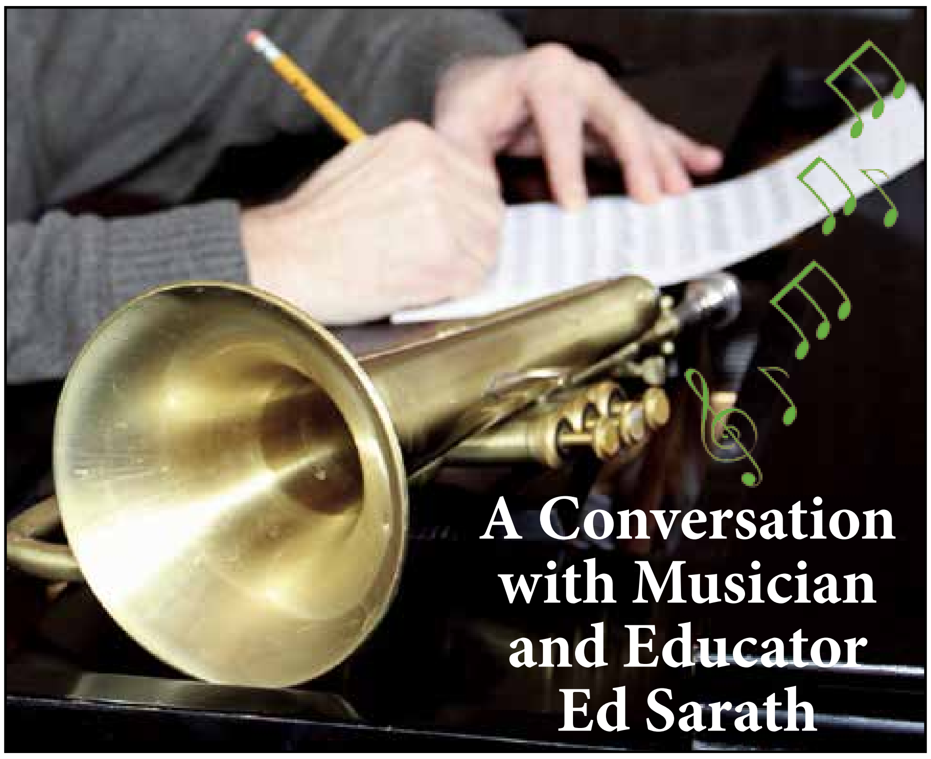
What must be kept in mind is that the B.F.A. in Jazz and Contemplative Studies curriculum is not only most likely the most radical in the history of the School of Music, Theatre, and Dance, it is also arguably among the most radical in the history of the university, and possibly far beyond. As excited as I am about what the students enrolled in it are gaining, I am probably even more excited about the possibility for the same template to be applied across fields. When a few years back a contemplative studies concentration was established at Brown University medical school, Michigan's B.F.A. in Jazz and Contemplative Studies was cited as a precedent in this emergent pedagogy.

Your new book is the first application to music of an emergent worldview called Integral Theory. Tell us some about that. What is Integral Theory and what are some of its compelling features?

But oftentimes, classical performers who are courageous enough to try improvisation tend to view it as a kind of embellishment to interpretive performance, something that may free them up, deepen their expressivity, but not a deep means of music making in its own right.... [they have a] lack of awareness of its transcendent foundations. [So I have been] designing coursework and methodologies that aim to cultivate this depth of perception and appreciation...

Integral Theory has a long history and is generally associated in recent times with the work of the philosopher Ken Wilber. In a nutshell, Integral Theory maps the interior and exterior dimensions of human nature and development, which is synonymous with creativity and consciousness development. Integral Theory draws from wide

Continued on page 38



A Conversation with Musician and Educator Ed Sarath

Continued from page 37

ranging disciplines in promoting this growth. Spirituality, art, and science are all essential to any program of development, and thus need to be balanced in our educational systems. Meditation practice is central to integral education. A core theme in my book is that the arts, often neglected in overall educational discourse and society at large, are not only essential to human evolution, but have the capacity to play an enormous role in educational reform in uniting science and spirituality.

The final chapter in my book is called "Planet Earth Takes a Solo" and basically argues that humanity is an improvising ensemble that, even with its seven billion members, needs to function just like a jazz trio or quartet — digging deep into the present moment to fathom heightened inventive and interactive strategies in order to address the "chord changes" of our world.

> **I drew up a proposal for the B.F.A. in Jazz and Contemplative Studies curriculum. As the first curriculum of its kind — in or beyond music — at a mainstream academic institution, it is not surprising that it stirred quite an intense debate among the music faculty ... [The] curriculum is not only most likely the most radical in the history of the School of Music, Theatre, and Dance, it is also arguably among the most radical in the history of the university, and possibly far beyond.**

Why do you see this movement as the next frontier of higher education?

From an integral perspective, conventional education is caught up in exteriors, which is part of the picture, but vastly incomplete. If education is to prepare citizens to address the challenges and opportunities of today's world, a broader educational vision is needed that unites inner and outer — which is where the integral vision excels.

Are there classes in the jazz and contemplative studies major about meditation specifically? Are the resources for teaching students contemplative studies contained within the university setting?

We have been really fortunate to have exceptional resources in our U-M community for this work. Not long after the curriculum was established, Martha Travers began teaching some sections of its core classes in the jazz department and has done a fabulous job. Richard Mann in psychology, who has been featured in *Crazy Wisdom* [Editor's Note: Issue #27 of the *Crazy Wisdom Journal*, on our website's CWJ archive at http://www.crazywisdom.net/journal-archive.html], has long been one of the most extraordinary teachers and thinkers on our campus and has recently been co-teaching what sounds like a great class, "Mind, Brain, and Spirituality," with William Gehring. Ram Mahalingam and David Meyer might also be noted for their work in this area from the psychology department, as well as Elliot Ginsberg in Judaic studies. I get rave reports from all of them about jazz and contemplative studies majors who take their classes.

> **The jazz tradition boasts a long legacy of artists, including John and Alice Coltrane, Sonny Rollins, Herbie Hancock, Mary Lou Williams, Wayne Shorter, Paul Horn, Charles Lloyd, and Don Cherry, who have complemented their creative excursions with contemplative engagement.**

Do you have first hand experience with improvisation paired with contemplation? Who are some other jazz personalities who have modeled combining meditation and musical improvisation?

My journey in jazz began around the same time as my involvement with meditation practice — both in the early 1970s. The jazz tradition boasts a long legacy of artists, including John and Alice Coltrane, Sonny Rollins, Herbie Hancock, Mary Lou Williams, Wayne Shorter, Paul Horn, Charles Lloyd, and Don Cherry, who have complemented their creative excursions with contemplative engagement.

Are you involved with any of the meditation communities in the Ann Arbor area, or with other local groups doing contemplative practices?

My own primary practice is from a Vedantic lineage, which serves as a solid and unwavering foundation for broader explorations. Although I am not as engaged in local communities as I would like, I do encourage students to partake of these resources.

You founded the Program in Creativity and Consciousness Studies (PCCS) at U-M and are currently its director. What does this program entail and who is involved? Is this unique to U-M?

PCCS hosts lectures, symposia, and promotes coursework and research dealing with creativity and its interior foundations in consciousness. It brings together faculty, students, and staff from all corners of campus, from art, athletics, business, and law to medicine, music, neuroscience, and sociology. Currently PCCS is affiliated with the National Center for Institutional Diversity, and I am particularly excited about developing that connection because it expands and strengthens diversity work and provides a toehold for creativity and consciousness work. A future aim is to design a cross-campus major in creativity and consciousness studies. PCCS is among a handful of units nationwide devoted to consciousness studies from both practical and theoretical standpoints.

What kinds of events has the Program in Creativity and Consciousness Studies hosted? Are mostly people from the university community attending?

PCCS hosts a variety of events, ranging from team-taught coursework and collaborative research, lectures, and symposia. Notable examples include a symposium on creativity, consciousness, and the academy that drew attendees nationwide; a visit by the legendary filmmaker David Lynch to a packed Power Center; a science and spirituality discussion featuring Professors Richard Mann (psychology), Sharon Kardia (genetics/public health), and Jeffrey Evans (neuropsychology); a panel discussion exploring the inner dimensions of athletics and performing arts featuring myself, Carol Hutchins (softball), Tommy Amaker (basketball), Annette Masson (theatre), and Donald Sinta (music); and a lecture on "Deep Change" by Professor Robert Quinn (business); talks by Andean shaman Don Alberto Tatzo on consciousness and the future, and author Philip Goldberg and his book *American Veda*.

Does your program interface with the larger Ann Arbor community at all, and if so, in what ways?

Individuals from the community attend our events. We would like to bolster community ties.

> **The Program in Creativity and Consciousness Studies hosts lectures, symposia, and promotes coursework and research dealing with creativity and its interior foundations in consciousness. It brings together faculty, students, and staff from all corners of campus, from art, athletics, business, and law to medicine, music, neuroscience, and sociology.**

What are some future plans for PCCS?

As I mentioned, PCCS would like to design degree programs so students could gain significant grounding in this richly interdisciplinary and transdisciplinary area.

Finally, are you currently living in Ann Arbor? How long have you lived here? And please tell us a bit about your wife, Joan.

My wife, Joan Harris, and I have lived in Ann Arbor since 1987 — we live in the Hunt Park neighborhood. Joan is a Kripalu yoga teacher, adept gardener and potter, part-time instructor at Washtenaw Community College (where she teaches a physiology lab), former physical therapist and massage therapist, and a long-time meditator. She directed a feminist women's health clinic in Iowa City — where we met.

Where do you like to hear music in Ann Arbor?

Both large concert halls and smaller venues like Kerrytown Concert House and Canterbury House.

Musically, what do you see is Ann Arbor's strength?

Great audiences who are very sophisticated. Interesting pool of local musicians, including many who did their studies at U-M and excellent musicians from other parts of the country and world.

Are the jazz student performances open to the public? What's the website for more information?

Yes. More information is on the School of Music website at www.music.umich.edu. The Program in Creativity and Consciousness Studies website is sitemaker.umich.edu/pccs/home. You can also check out the International Society for Improvised Music at www.isimprov.org.

Thanks, Ed. Nice speaking with you.

Professor Ed Sarath can be reached at sarahara@umich.edu.
His website is http://edsarath.com/wordpress/

An Excerpt from the Introduction of Ed Sarath's New Book: *Improvisation, Creativity, and Consciousness: Jazz as Integral Template for Music, Education, and Society*

That humanity has arrived at a crossroads of historical significance by now requires little elaboration. The question is how, or even if, we will navigate our way through this critical juncture. On one hand, issues such as climate change and environmental devastation, widespread poverty and disease, drought and famine, terrorism and increasingly sophisticated means of warfare, economic disparity and instability, along with a broad complex network of sociocultural challenges raise unprecedented questions about the sustainability of civilization as we know it. On a more optimistic yet scarcely less daunting note, individuals and communities across the globe have unprecedented access to an ever expanding knowledge base that transcends disciplinary, cultural, historical, and geographical boundaries. While often spawning the overwhelming morass of data that exacerbates the alienation and disconnectedness that pervade much of contemporary life, this broad spectrum of resources — were it to be effectively harnessed — might be the source of newfound solutions to the present challenges.

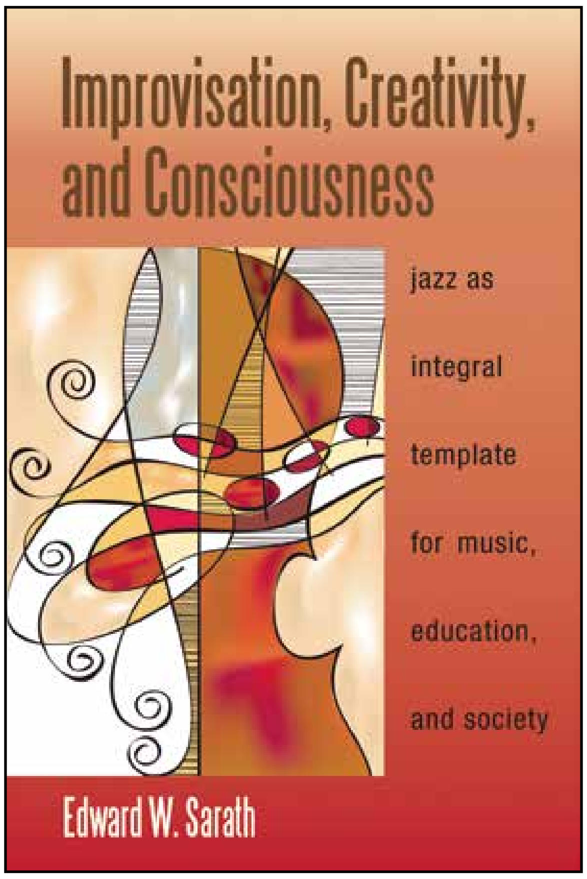
Within the arts, the creativity-consciousness relationship is uniquely embodied in the improvisation-based musical art form of jazz.

Although some may be inclined to think that the present slate of crises, particularly in regard to global warming and related consequences, has progressed beyond the threshold of reversibility, I have faith in humanity's ability to dig deep into its wellsprings of ingenuity and invoke levels of understanding and action that enable not only survival but entirely new kinds of progress. Almost a half century ago, Buckminster Fuller predicted that *Homo sapiens sapiens* would approach a point at which two options — as expressed in the title of his book *Utopia or Oblivion* — would be available. To encapsulate Fuller's central premise: There will be no middle ground — the kind of change required for mere survival will be of such scope as to catapult human civilization onto a new evolutionary plateau. Echoing the viewpoints of a growing contingent of more recent thinkers, I believe that at its core this transformation will occur on the level of consciousness, which in this book I approach in terms of the creativity-consciousness relationship.

By creativity I refer to such qualities as inventiveness, interaction, the ability to synthesize new forms of knowledge from diverse sources, and the emergence of an individual voice or style within a discipline. Consciousness pertains to self-awareness, transcendence, realization of wholeness and interconnectedness, noetic experience, and the wide range of feeling and emotion that are thought to distinguish human beings from other species. Expanding upon these working definitions from the standpoint of an emergent worldview called Integral Theory, I will view the two realms as inextricably linked aspects of an unbroken, inner-outer wholeness. "[F]or the first time," remarks Ken Wilber, commonly regarded as the leading contemporary exponent of integral thought, "the sum total of human knowledge is available to us — the knowledge, experience, wisdom, and reflection of all major human civilizations . . . are open to study by anyone." Within this cross-disciplinary expanse, one of the most important contributions of Integral Theory is its capacity to embrace both the timeless insights of "the ancient shamans and sages" as well as the latest "breakthroughs in cognitive neuroscience," thereby bridging the interior and exterior realms that are often seen as inherently competing with one another. From this vantage point, we will see creativity as an exterior entryway and consciousness as an interior entryway to this inner-outer totality. This in turn gives rise to a conception of spirituality that, in encompassing this totality, transcends denominational boundaries, manifests in all areas of life, and is entirely compatible with — without, as some insist, being reducible to — science.

Why jazz? Why, among the infinite array of musical genres that exist, is jazz a primary candidate for transformational catalyst? What might jazz-driven change look like?

I develop two central themes related to the impending creativity-consciousness, integral revolution that tend to elude much of the thinking about this kind of paradigmatic change. One is that it will need to take place within, and be driven by, our educational systems if is to manifest on any significant scale in society at large. No other public agency has as much contact with as much of the population and thus the capacity to shape thinking and behavior as our schools. Unfortunately, by inhibiting inquiry — both practical and theoretical — into the interior, transcendent dimensions of human nature central to creativity and consciousness development, our educational systems have arguably perpetuated the very paradigm that needs to be transformed. Second is that the arts uniquely embody integral properties and will play a key role in this educational and societal shift. Within the arts, moreover, the creativity-consciousness relationship is uniquely embodied in the improvisation-based musical art form of jazz, pointing to the potential for this idiom to assume leadership in the arts-driven integral revolution.



Crazy Wisdom is hosting a special Crazy Wisdom Salon – a book release party and a discussion -- with Ed Sarath on Thursday, September 26th at 7 pm, in the Tea Room. He will be speaking about his new book, his work as a musician and educator, and the future of creativity and consciousness studies in higher education. (The event is co-sponsored by the U of M's Office of the Senior Vice Provost.)

The jazz tradition boasts a long legacy of leading artists, including Alice Coltrane, John Coltrane, Herbie Hancock, Charles Lloyd, John McLaughlin, Sonny Rollins, Wayne Shorter, and Mary Lou Williams, who engaged with meditation and related methodologies for growth of creativity and consciousness . . .

Why jazz? Why, among the infinite array of musical genres that exist, is jazz a primary candidate for transformational catalyst? What might jazz-driven change look like?

Two aspects of the jazz process realm are key. First is jazz's improvisatory core, which integrates a wide array of other processes — including composition, performance, and various kinds of theoretical analysis — that are also central to creative growth in music and beyond. This improvisation-based creative foundation will be shown to promote penetration beyond the idiom's discipline-specific boundaries and openings to the broader musical landscape, wide-ranging interdisciplinary connections, and innermost dimensions of consciousness that shape creative expression and growth. Whereas much of academic and commercial thinking and practice are bound by a highly fragmented conception of the musical landscape as comprised of innumerable, discrete stylistic compartments, an integral musical perspective views these as inextricably linked areas within a broader whole. The central pulse of the musical world, moreover, resides in the melding of genres, at which point the purpose of engagement in any given area is to realize it not as self-confining destination but self-transcending tributary.

I have faith in humanity's ability to dig deep into its wellsprings of ingenuity and invoke levels of understanding and action that enable not only survival but entirely new kinds of progress.

This leads to a second aspect of the jazz process scope. The jazz tradition boasts a long legacy of leading artists, including Alice Coltrane, John Coltrane, Herbie Hancock, Charles Lloyd, John McLaughlin, Sonny Rollins, Wayne Shorter, and Mary Lou Williams, who engaged with meditation and related methodologies for growth of creativity and consciousness in order to integrate the transcendent experiences glimpsed during their musical excursions more fully into their work and lives. We will see that improvisation and meditation, even if the first occurs in the turbulence of creative activity and the second in silence, share important common features and invite mutual engagement. Meditation, viewed here as an anchor for a broader spectrum of spiritual growth, is thus regarded as an important aspect of the jazz process spectrum, in so doing broadening the integral template the idiom brings to the overall educational and societal evolutionary spectrum.

###

Music Reviews

By Sarah Newland

Women of Brazil cd
By Putumayo World Music

The sweet, sensual sounds of Brazilian female vocalists shine on this new recording. The voices of Brazilian women have long shaped popular song worldwide. Through classic samba and bossa nova, they have won a place in hearts across the planet. Women of Brazil chronicles the rising stars and established voices of a scene as prolific as it is innovative, from philosophical sambas to gentle electronica, from the sway of bossa nova to reggae vibes. Experience a young generation of new Brazilian discoveries. *Shelved with Putumayo Music.*

Drum Cargo: Rhythms of Wind cd
By David & Steve Gordon

Make contact with empowering Shaman rhythms from the world over. Acclaimed drum gurus the Gordon Brothers combine ethnic drums and percussion beats with the sweet sound of Native American flutes. Listen while driving, at work, for yoga, working out, parties or any time you need an energy boost. *Shelved with Drumming Music.*

Heading West cd
By Mike Howe

Musicians have often drawn on landscapes to convey emotion through geography and culture. Few have done it as well as guitarist Mike Howe. He takes you to a physical place through brilliant musical imagery. The compositions are as varied as topography, leading you through the South, Southwest, and West Coast. Howe draws on the musical roots of these areas, incorporating folk, jazz, and gospel elements as he reveals terrain that is soft and gentle in some areas and roaming and adventurous in others. Howe has made a name for himself as a composer/performer of some of the best instrumental guitar music today. *Shelved with Meditation Music.*

A Deeper Light cd
By Deva Premal and Miten

Deva Premal and Miten are among those rare artists who continually inspire by going in new directions while keeping true to the original sound that their audience has come to love. Always a joy to listen to, Premal and Miten have outdone themselves on this recording. Manose's signature flute accompanies Maneesh de Moor's keyboard contributions. Premal and Miten's voices are as sweet and lovely as ever. *Shelved with Chant Music.*

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Scent as a Tool for Spirituality, Health, and Creativity

Jessica Elkins

> **“Smell is a very important part of animals’ instinctual response in many species, connecting on a deeper level because it doesn’t go through conscious thought, but rather to the basic pre-mammalian instinctual brain. That’s why smell is so powerful.”**
>
> **– Dr. Amy Saunders**

Rachel Eckenrod

Bronwen Gates

Nancy Harknett

By Sarah Rigg
Photography by Joni Strickfaden

Smell might be the most powerful of the physical senses, yet it’s one of the most underappreciated. Unlike sight and sound, which must pass through the thalamus to be processed in the cerebral cortex, the seat of higher thinking, the sense of smell bypasses the thalamus, stimulating the oldest, primal parts of the brain. Scent molecules enter the nose and flow into a part of the brain called the olfactory bulb, where they are passed into our limbic system.

“We have layers of brain development, one on top of the other, and the limbic system is the deepest layer. The limbic system is sometimes referred to as the ‘reptilian brain,’” said Dr. Amy Saunders, a physician who recently established an integrative private practice after working in the University of Michigan Health System for 20 years.

“Smell is a very important part of animals’ instinctual response in many species, connecting on a deeper level because it doesn’t go through conscious thought, but rather to the basic pre-mammalian instinctual brain. That’s why smell is so powerful,” Dr. Saunders said.

When I recently talked to local practitioners and experts who use scents as a way to heal, bring balance, or promote creativity, each mentioned how primal the sense is and how scent and pheromones (hormonal molecules that enter through the nose but are not perceived as aromas) affect us on a level below our conscious awareness.

These local healers and aromatherapists believe that this unique sense not only connects us to our feelings and memories, it can also be a tool to access our creativity and inner wisdom.

Scent's Link to Creativity and Memories

Have you ever wondered why you associate smells with some of your strongest memories? Or why a scent can jolt you into a memory, and even stir feelings of longing?

When I spoke to Michelle Krell Kydd, an Ann Arbor-based flavor and fragrance expert who has an award-winning blog about the sense of smell, she told me "Smell is memory." This deep connection results from the olfactory bulb funneling scent molecules and pheromones to the amygdala, where emotional, biographical memories are stored.

"Emotion and memory live in the limbic system, which makes the sense of smell so visceral," said Krell Kydd, adding that we process smell emotionally before we can come up with words to describe it — "something that is universally difficult for most people."

For Rachel Eckenrod and many other aromatherapists, the focus is on the vibration of the essential oils and on how the oils make a client feel, rather than how pretty the oil might smell. It's less about scent in and of itself and more about how essential oils can shift a client's energy.

Krell Kydd teaches workshops to help people train their noses and use scent memories to spark creativity in programs such as "Smell & Tell: Using Your Sense of Smell for Creative Inspiration," a lecture she gave at the Ann Arbor Public Library a while back, and a "smell and tell" workshop called "Sacred Scents and Aphrodisiacs" held at the library in October of 2012.

"I teach people to use smell to access autobiographical memory and to learn how to be objective with their likes or dislikes of aromas, and to become aware of how important this sense is in everyday life," she said. Her workshops are "part of a personal initiative to evangelize the sense of smell and help people become more confident in developing their expertise."

Bronwen Gates of Gateways Wellness has a doctorate in botany and refers to herself as a "joy coach." She incorporates aromatherapy and essential oils in her practice. She said that a certain amount of conditioning from events in our lives affects how we react to smells. One person might find a scent brings back happy memories, while another might be disgusted by the same smell, she said.

Gates gave a personal example from her life, saying that her own mother's feelings of disgust about dogs and how "dirty and nasty" they were conditioned Gates to think dogs smelled bad. This made it difficult for Gates to warm up to her own son's puppy until, one day, a client rushed up to the puppy, hugged it, and remarked how much she loved the "puppy smell." "I had to laugh out loud," she said, realizing how subjective each person's reaction to different scents can be.

Another local healer I spoke to, Nancy Harknett, a Reiki master and proprietor of Hand & Hand Healing in Ann Arbor, provides aromatherapy treatments to clients and echoed Krell Kydd's ideas about sparking memories and creativity through scent. She talked about ways essential oil therapy could help promote creative thinking.

"Well, you can't say, 'I want to be creative, so give me an oil,'" Harknett joked. "But if you put some oils together, maybe the 'believe it' blend or rubbing a little 'joy' blend on your heart. Or maybe 'brain power' or 'dream catcher' blends. If you're joyful, if you're in gratitude, it will increase the chances your creativity will be opened up."

In addition to sparking creativity, playing with scents and learning to describe those smells provides exercise for the brain, Krell Kydd said. Training the sense of smell helps keep the brain sharp, flexible, and adaptable.

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"Once you realize how important your sense of smell is and start to pay attention to it, your world becomes richer," she said. "Exercising your sense of smell is good for brain plasticity."

"I teach people to use smell to access autobiographical memory and to learn how to be objective with their likes or dislikes of aromas, and to become aware of how important this sense is in everyday life." – Michelle Krell Kydd

Having "brain plasticity" means your nervous system can change and adapt to differing stimulus over time, something all humans need to survive and thrive.

Exercising your sense of smell not only sharpens the logical faculties but also can help bring richness and texture to creative endeavors, Krell Kydd said. "When you teach children about the way smell, taste, and memory work together, they realize they are capable of creating stories that are authentic and imaginative."

Scent for Health and Life Balance

While some practitioners use scent to spark creativity and memories, others use essential oils and aromas to foster physical health, reduce stress, and promote life balance.

Jessica Elkins, owner of Jessica's Skin & Body Apothecary, said that her aromatherapy practice focuses on helping clients with life balance. In fact, she changed the name of her business to reflect a change in philosophy.

"I changed my business name from Ananeo Skin Care to Jessica's Skin & Body Apothecary to reflect the direction my business was going in," she said.

Elkins is a licensed esthetician who had offered day spa services out of a room at A2 Yoga for several years, and then moved into her own space in Kerrytown. While her interest in essential oils and aromatherapy began in college, she said the use of essential oils and the mixing of her own oils and scented products came five years into six years of running her business.

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Scent as a Tool for Spirituality, Health, and Creativity

Continued from page 43

> "I think of essential oil as a distillation of these unique molecules, like the soul of the planet, and they're received by our cells, by our bodies as incredible gifts of healing." – Bronwen Gates

"In May 2011, I launched my first products, a line of perfume oils made with names such as 'Singing Sweet Julia' and 'Sipping Tea with Friends.' Organic body oils and body scrubs with Himalayan pink salt came next," she said.

"In my work lavender is the most important oil to use, because when clients come in for a facial, they want not only for their skin to end up looking and feeling good, but they want to let go of stress in their life and relax. Hot towels with lavender help with that," she said.

Traditional Western medicine is beginning to back up what aromatherapists have known for some time about the relaxing effects of certain aromas. "Research that's been done shows that some molecules, like those from lavender, trigger the same part of the brain that sleep medication does," Dr. Saunders said. "The scent has been shown to have an affect beyond just the connection to the limbic system or our conscious brain. At least in some cases, there's a molecular level to the effect."

Aromatherapy and Other Resources

Local aromatherapists and practitioners who incorporate aromatherapy:

Jessica's Skin & Body Apothecary: 301 N. Fifth Avenue, Ann Arbor, MI 48104; 734.545.4303; contact@jessicasapothecary.com; www.jessicasapothecary.com
Rachel Eckenrod: Back into Balance Vibrational Wellness Restoration Center; rachel@racheleckenrod.com; www.racheleckenrod.com
Bronwen Gates of Gateways Wellness: (734) 975-8754; bronwild@gmail.com; http://www.bronwengates.com
Nancy Harknett of Hand & Hand Healing: (734) 649-7076; nanharknett@gmail.com
Mariah Newborne: (734) 657-4652; http://www.annarborholisticspa.com
Julie Jeffery Peale of Body Balance: (734) 395-6776; julie@bodybalance4u.net; http://www.bodybalance4u.com/
Nia Avelina Aguirre: (734) 998-1198; niaaguirre@aol.com
Pat Krajovic at Bodyworks Healing Center: relax@bodyworkshealingcenter.com
Barb McConnell of Healing Touch in Grass Lake: www.healingtouchmichigan.com

Essential oil resources:

Dana Young, local purveyor of essential oils (not to be confused with Gary Young of Young Living Essential Oils): beyoungeo.com
Young Living Essential Oils: www.youngliving.com

Other resources:

Michelle Krell Kydd sensory questionnaire: glasspetalsmoke.blogspot.com/2010/10/what-does-your-sense-of-taste-and-smell.html
Aromahead Institute website, with information about aromatherapy and essential oils: www.aromahead.com

> "Well, you can't say, 'I want to be creative, so give me an oil.' But if you put some oils together, maybe the 'believe it' blend or rubbing a little 'joy' blend on your heart. Or maybe 'brain power' or 'dream catcher' blends. If you're joyful, if you're in gratitude, it will increase the chances your creativity will be opened up." – Nancy Harknett

Lavender is far from the only useful essential oil, however. Harknett said each oil she uses is classified by its vibration level, with rose oil being the highest. She said the vibrations from the oils "can transform you."

"Say you're functioning at a low energy level; if you take a blend of the oils at a higher vibration, you'll have something for depression," she said.

Rachel Eckenrod, owner of Back into Balance Healing Center in Ann Arbor, uses all five senses to help clients get perspective on their life problems and get "unstuck." Scent plays an important role in her work. Her clients come for aromatherapy and essential oil treatments for reasons ranging from, "I want to feel better" to "I don't know what to do with my life."

For Eckenrod and many other aromatherapists, the focus is on the vibration of the essential oils and on how the oils make a client feel, rather than how pretty the oil might smell. It's less about scent in and of itself and more about how essential oils can shift a client's energy.

"I'm an empath," Eckenrod said. "I tune into other people's energy patterns. I try to find out which oils shift the energy in the direction they want."

She will create a blend for a client based on trial and error, offering them different oils and asking how the scent makes them feel.

"I'll often know what they will and won't like," she said. She might tell a client "I don't think you're going to like this one," but she will have the client smell it anyway because "sometimes that causes a shift, too."

"I have them pay attention to how it feels, not what it smells like. The question 'How does it feel?' is different than 'How do you like how it smells?'" she said.

> Rachel Eckenrod said she believes essential oils work most powerfully in the emotional realm, which then can cause physical changes, and more deeply, changes in her clients' ability to access their intuition and learn to heal themselves.

> "I'm an empath. I tune into other people's energy patterns. I try to find out which oils shift the energy in the direction they want." – Rachel Eckenrod

She said she listens to clients to find out where they are and where they want to go. "And then I bring in the vibration that supports that shift. The scent creates an energetic environment based on smell, all around the person, and calls forth an emotional experience. [It] brings about feelings of where they want to be or more confidence or openness in a particular area."

Eckenrod said she often sends a scent or blend of scents that worked well in therapy home with a client so they have a reminder of how to make the shift on their own. "But it's important they get the essential oils in a way they'll use them," she added. "Bath salts aren't effective if they don't take baths, so maybe it'd be better to send them home with a shower gel or a little diffuser, or a roll-on [applicator] they can keep around, near them, all the time. It's something they can take with them to recreate the state they were able to get to in the session."

Scent and Spirituality

Scent and aroma not only affect our mental and physical health, but also can be a tool in our spiritual lives.

"Breath and spirituality have a significant link themselves, but when you add a natural scent, the essence of the plant imparts balance to the subtle nature of our body," Elkins said.

"When we feel off balance, there is an oil that, when inhaled, can help. When we feel scattered, or are spending too much time thinking or on the computer, richer oils like vanilla, vetiver, rosewood, and sandalwood can help. When we are feeling depressed or down, a top note like bergamot, neroli [derived from bitter orange], and lime can lift our minds," Elkins said.

Eckenrod said she believes essential oils work most powerfully in the emotional realm, which then can cause physical changes, and more deeply, changes in her clients' ability to access their intuition and learn to heal themselves.

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Scent as a Tool for Spirituality, Health, and Creativity

Continued from page 45

Bronwen Gates of Gateways Wellness has a doctorate in botany.

> "When we think about the world of fragrance, the molecules given off by the natural world, they were not designed for our benefit, but we're so human-centric and think it's about us. A lot of these were created not for us but to help promote balance and harmony in the natural world, and we just take advantage of that."
> – Bronwen Gates

"If there's a mental source for a physical situation, an undesired situation, oils can cause a shift, because they work at such a deep urge level," she said. "When one thing shifts, often other things shift. When you become tuned into a higher vibrational, positive place, your troubles seem to fall away."

She said each of the physical senses is "a different entry point" to tapping into your inner senses and wisdom. For instance, Eckenrod mentioned that a client came to her who hadn't ever felt anything from working with crystals, but she did after working with essential oils. Eckenrod also offers essential oils for chakra balancing.

"Scent can be a really good introduction, a good place to start, in that it's a transitional way into energy healing," Eckenrod said. "Once you awaken that 'feeling' part of what it smells like, it gives you access to the world of energy, a way of tuning into our inner senses."

For Gates, physical healing and spirituality area closely linked. "I believe, at some level, all healing action is spiritual," she said. "I think of essential oil as a distillation of these unique molecules, like the soul of the planet, and they're received by our cells, by our bodies as incredible gifts of healing."

> "I believe, at some level, all healing action is spiritual. I think of essential oil as a distillation of these unique molecules, like the soul of the planet, and they're received by our cells, by our bodies as incredible gifts of healing." – Bronwen Gates

Gates added that we not only should pay attention to what molecules we're taking in from plants, as a healing gift, but should also be aware of what molecules we're putting out and how they affect mother earth.

"When we think about the world of fragrance, the molecules given off by the natural world, they were not designed for our benefit, but we're so human-centric and think it's about us. A lot of these were created not for us but to help promote balance and harmony in the natural world, and we just take advantage of that," she said.

"We shouldn't get greedy and fail to recognize these molecules are needed for the balance and harmony of the whole world, not just for our body. As humans, we are contributing many molecules into the atmosphere," she said, from harmful polluting molecules to helpful molecules like the pheromones that promote bonding between mother and baby.

"We, as humans, have within us the capacity to give out mother hormones, calming molecules. We're just on the edge of major breakthroughs of understanding the ways we impact each other and the earth. I hope we will then choose to put our focus on developing ways that bring harmony and balance rather than promoting conflict and entropy."

Cautions

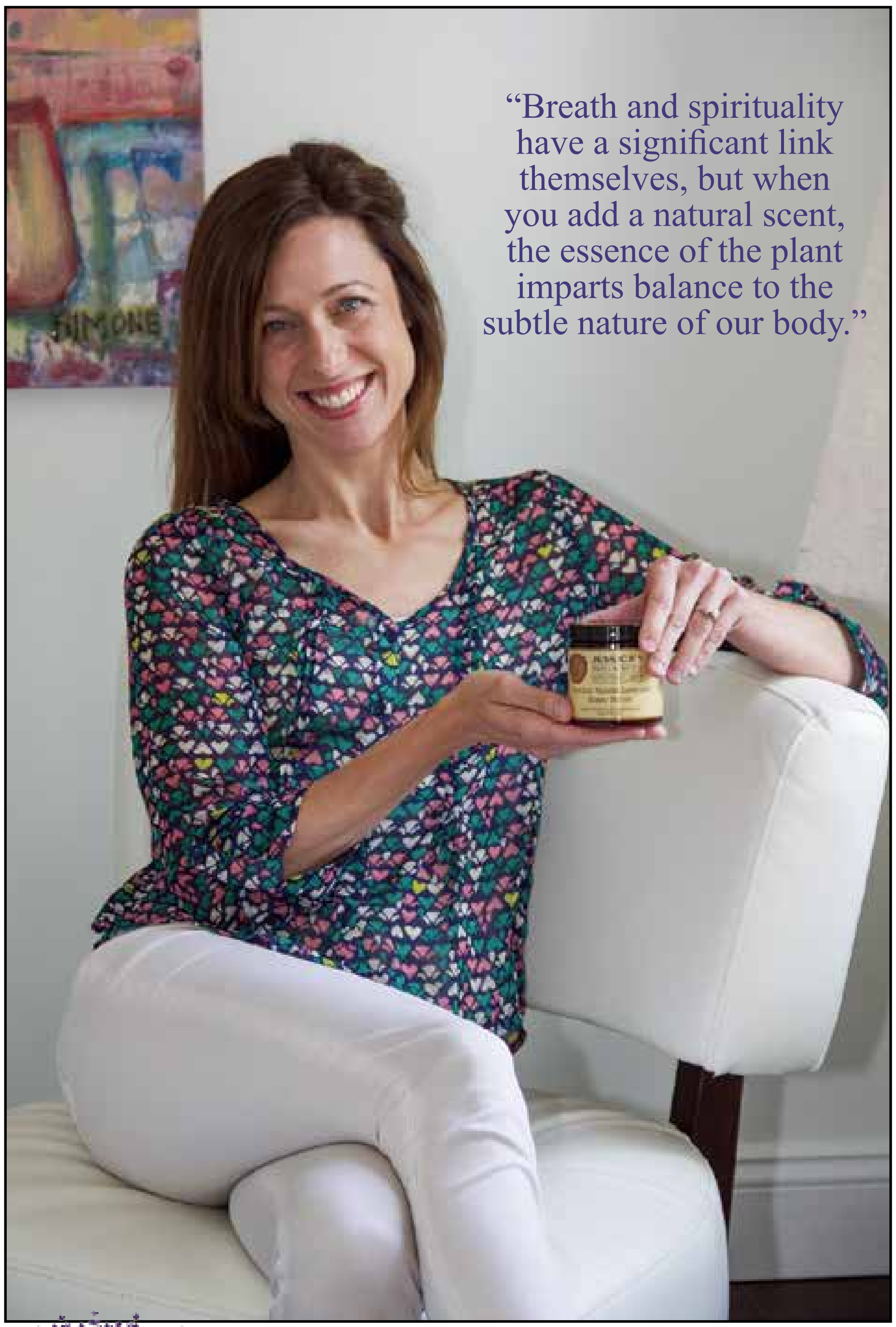
Though essential oils and aromatherapy have great potential for promoting healing, the practitioners I spoke to had a few cautions as well.

Elkins suggested following your gut instinct about which scents to use and which to avoid. "Usually when people have scent sensitivity, it is sensitivity towards synthetic perfumes," Elkins said. "However if the scent of an oil makes you feel uneasy, you should avoid it. Additionally, essential oils should be used with caution on the skin, especially undiluted essential oils."

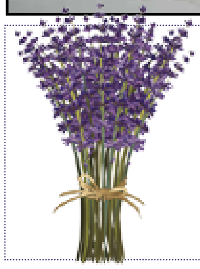
Special caution should be used with concentrated, undiluted cinnamon or peppermint oil on the skin, for instance, since these can cause an unpleasant burning sensation.

Generally speaking, pure, therapeutic-grade essential oils are safe, but experts caution beginners who might want to receive aromatherapy or do their own

> "Because scent goes to the amygdala, where primal emotions are stored, where emotional trauma is stored, there's no question things can come up."
> – Nancy Harknett



"Breath and spirituality have a significant link themselves, but when you add a natural scent, the essence of the plant imparts balance to the subtle nature of our body."



"In my work lavender is the most important oil to use, because when clients come in for a facial, they want not only for their skin to end up looking and feeling good, but they want to let go of stress in their life and relax. Hot towels with lavender help with that."
– Jessica Elkins

experimentation with essential oils. Several of the healers I spoke to recommended asking for mentorship or getting formal training in aromatherapy and use of essential oils.

Harnkett and others also mentioned that the quality of essential oils differ by manufacturer. Harknett only uses Young Living Essential Oils, while others recommended other brands. All agreed that the purest, organic essential oils tend to cost more and that beginners should use oils from a reputable source, warning that some cheap brands are adulterated or mislabeled.

Harknett also cautioned that therapeutic-grade essential oils are meant to be used at room temperature, and practices such as putting the oils on a candle or light bulb will destroy the therapeutic value of the oils.

Some books and experts offer standards for what essential oils are to be used to address specific conditions, but beginners should be aware that opinions vary. For instance, some aromatherapists believe in using essential oils for supporting pregnancy or as supplemental holistic therapy for cancer, while others said they don't recommend using essential oils for either condition.

Harknett and Eckenrod both cautioned about the double-edged nature of scent tapping into the "reptilian" part of the brain. "Because scent goes to the amygdala, where primal emotions are stored, where emotional trauma is stored, there's no question things can come up," Harknett said.

Scents and essential oils can bring up bad memories along with good ones, she said. Those who are new to aromatherapy should be aware that strong feelings could surface in response to a particular aroma.

To learn more about aromatherapy, essential oils, and how the sense of smell can enrich your life, check out the local resources highlighted in our accompanying sidebar.

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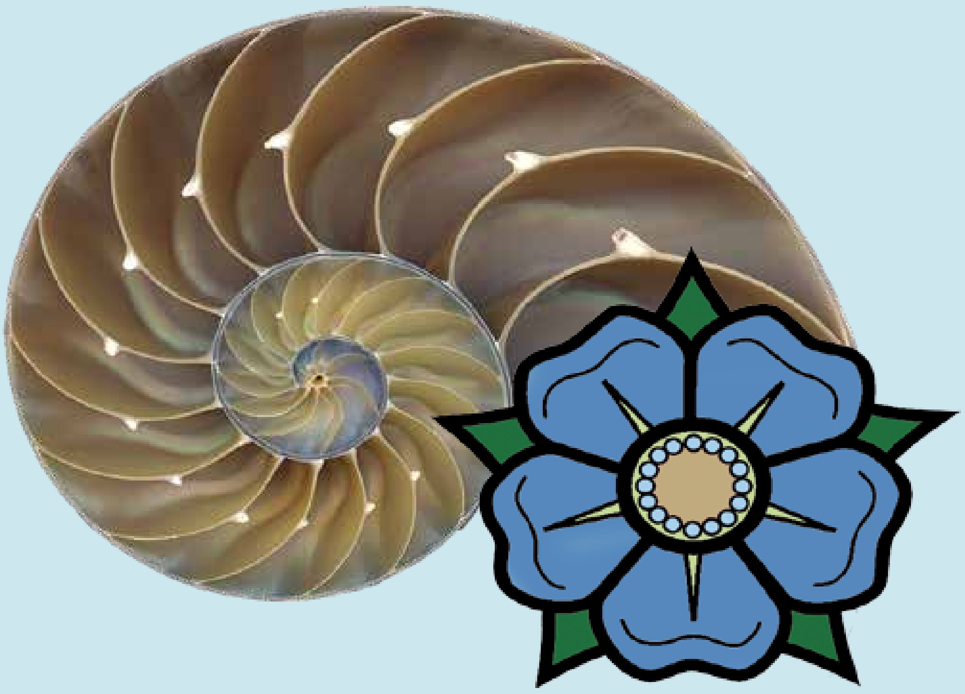

Awakening: A Map of the Territory

By Caroline Charlesworth

In a spiritual-not-religious world, good can come when we read spiritual books and meditate. Workshops inspire and educate us. But what makes an assemblage of good practices into a coherent spiritual path?

I invite you to consider a well-held, coherent spiritual path to be one that identifies the issues most stressful and important to you in particular. It then addresses them directly with practices that induce the issues to evolve. In addressing your issues, it offers a means, not necessarily always for you to feel better, but at any moment to marshal the most essential you, enlarging your scope of understanding and repertoire of responses. In this view, to progress along a spiritual path is to awaken to this larger, essential self.

> Track the workings of your spiritual path and you will tend to advance in the directions you value, because you're developing consciousness, and thereby notice your choices and move along faster.

For those who want to awaken, what is needed is a means to progress and to map that progress. That is, awakening requires a path that can be actively worked and observed. Synthesized here is an underlying template of all spiritual paths and what you need to know to map the particulars of your individual life along it.

If you record the fluctuations of your diet and your exercise, you can expect to improve both, from the fact of witnessing alone. Track the workings of your spiritual path and you will tend to advance in the directions you value, because you're developing consciousness, and thereby notice your choices and move along faster. Though not itself the be all and end all, awakening is a requisite step on the spiritual path. At the very least, with awakening, meaning accrues to all of life, and though the slings and arrows continue to arrive and invoke participation, they arrive within a trustworthy immanent order.

The synthesized template of spiritual paths offered here has three parts. Everyday reality is the horizontal dimension of life, and the much larger transcendent reality is the vertical dimension. Besides these two parts, we need a third, which is practices that enlarge our perspective from the horizontal toward the vertical. We need these not because verticality is better as such, but because we need both, and generally, by adulthood, we have only the horizontal. The scale of vertical perspective includes a larger reality, and so more choices. With more choices come more feedback and, as it's incorporated, a larger understanding reached faster. The larger the understanding, the greater the sense of choice. And so the natural system for refining understanding self-perpetuates, until being awake is our stable background state.

> At the very least, with awakening, meaning accrues to all of life, and though the slings and arrows continue to arrive and invoke participation, they arrive within a trustworthy immanent order.

Horizontal and Vertical. The horizontal dimension is the physical world that we are born into, with all of its resources and our participation with them, not only physically, but mentally and emotionally. Except as viewed from the vertical dimension, the horizontal is everything.

If the horizontal dimension includes all of our everyday reality, why do we need a map to somewhere else — the vertical — especially since it's outside the reality we all share? If you intuit that there must be something more to what we're doing here on earth than standardly appears, that's reason enough. The esoteric branches (at least) of all of the major religions, as well as the nonreligious spiritual "ways" (such as those of A. H. Almaas, Ken Wilber, Judith Blackstone, and Sri Aurobindo), refer in their own terms to aspects of the vertical dimension (God, heaven, the Tao, Atman, Allah, dharmakaya, foundational consciousness, higher power, and many more). And though all religions and ways construe the vertical, each through its own lens, if you don't choose to follow one of them, you can certainly still explore verticality. What you need is to notice when you're in the ballpark, so as to consciously incorporate your spiritual experiences and allow them gradually to compound.

> From the vertical we sense the endless waves of energy that flood our cosmos, scaling down for our use, each gradation less rarefied and more differentiated…

On the vertical dimension, the day-to-day reality we're usually aware of enlarges toward the scale of infinity. Meaning and all else begin there, and all information exists there. From the vertical we sense the endless waves of energy that flood our cosmos, scaling down for our use, each gradation less rarefied and more differentiated (the dralas, latifs, and lesser gods, as several traditions perceive these differentiating waves; what tai chi, shamanic passes, and Mihaly Czikszentmihalyi's "flow" connect to). Finally, these energies coalesce through levels of individual energy fields and then into physical form: the horizontal. The horizontal dimension is thus a sort of bloom and outermost expression of the infinitely larger vertical.

Accessing the vertical dimension isn't a matter of getting somewhere else but of focusing differently. On the horizontal, we look at the world as though at stained glass windows from inside a structure communally built. On the vertical, we have refocused so as to look through the stained glass, to the much larger natural world outside.

In order to perceive the vertical dimension, we need to refine the energy fields that are the foundations of our bodies — the individualized energy that they are built on. Thus, our need for spiritual practices. As, over eons, the world's communally held energy field slowly clears, information not previously perceptible in the incoming waves of energy can be perceived broadly. Every hundredth monkey picks it up.

Levels within Horizontal and Vertical Dimensions. Within the horizontal dimension, and then the vertical as we're able to perceive it, there are describable gestalts of comprehension that all humans grow through. Beginning at birth our understanding can only be in terms of basic physical needs. Then, as we grow, it proceeds through standard childhood magical illusions and adolescent selfishness, and, gradually, as our edges are worn away throughout adulthood, our understanding features increasing appreciation of people and conditions as they are.

> The horizontal dimension is thus a sort of bloom and outermost expression of the infinitely larger vertical.

Each larger gestalt of understanding, or developmental level, also varies by including as "myself" a larger swath of the universe. Though each of us occupies only one body, our vested interests enlarge as we mature. After ourselves and our immediate families we can develop identity with, and so vested interest in, larger and larger groupings of people. With great maturity, finally we consider as ourselves all of humanity, all beings, all entities . . . the universe, horizontal and vertical.

Each larger level of developed identity transcends and includes (as Wilber says) all of the narrower understandings of the smaller levels that we have grown through, even though (barring trauma) we're unlikely to fall back to the logic of any of those preceding levels, once our personal world has enlarged. Each developmental level makes perfectly good sense within its own foundational beliefs and the experience set that is woven in terms of those beliefs. (Academic researchers on developmental levels include Clare Graves and Don Beck, Robert Kegan, and Susanne Cook-Greuter.)

Each next-larger level is a successively clearer approximation of the ultimate clarity that transcends space and time on the vertical dimension, a sort of stair-stepping of humans' communal development toward the ultimate understanding. With each larger level there are fewer co-occupying people. But as our world culture develops and each generation shifts a bit beyond the last, greater credence is communally given to the largest understandings. Forty years ago people creating their own realities was news to the zeitgeist of the West; that has been somewhat incorporated, and now what's under communal consideration is, for example, high sensing (which is on the vertical) and how it is limited within individuals (very much on the horizontal), and what death is (it only exists on the horizontal) and how to consider reincarnation (as a vertical experience).

> Each developmental level makes perfectly good sense within its own foundational beliefs and the experience set that is woven in terms of those beliefs.

Peak Experiences. Direct experiences of the vertical have often been called peak experiences. They move us beyond ordinary comprehension of life and convey directly its inherent, trustworthy meaning and order. They needn't be ecstatic in order to be useful, by any means. For working purposes, consider a peak experience to be briefly, unsustainably but informatively skipping some developmental levels. Nature, birth and death, and meditation can offer these experiences, as can music and the arts, bodywork, and other prompts to release the tension in our heads and simply be and observe.

At first the several-levels-larger observation happens by accident. But as such experiences compound it can be invoked at unexpected times, then more often, and over time it becomes readily retrievable. As we grow through more levels of development, eventually the former peak is the ordinary background state. In the Western zeitgeist that determines how much of the vertical dimension can be supported in our shared perception, peak experiences are becoming much more common.

Consider noting for yourself as peak experiences all instances of your knowing, unquestionably knowing, how coherent and safe life is, in the broadest sense. Notice that there's a comforting acceptance at such moments of how what's difficult for us nevertheless is part of a trustworthy order, and that this sense then goes away. The reason many people think they haven't had spiritual experiences is that these experience states, though ordinary, are not an ordinary subject of discussion and at first are temporary. They come — we're in them but might not register what we know then as a complete gestalt or even as notable — and they go.

To make use of your own peak experiences, notice and credit them when they arrive. Look around inside your state of being at those times and see what you know that you ordinarily don't. It will be taken over by a more typical state, but remembering any segments of the trustworthy wholeness you experience then will help you to own it for longer periods. It will help fill in your path from the vertical end.

Dual and Nondual. As a primary feature, the horizontal dimension is dualistic. That is, there are poles of opposition: insides and outsides, things we like and things we reject, mutually exclusive things and beings. These are features of life so standard and ordinary we don't even question their reality. You are not me; the chair is not the table. It isn't that, from the vertical dimension, these mutual exclusivities are unreal, though in esoteric teachings they are called illusion. Rather, it's that what's mutually exclusive on the horizontal is perceived from the vertical to be, more fundamentally, mutually integral. Like beams of colored light separated out by a prism, what's separate on the horizontal never ceases to be whole on the vertical. Looked at from the horizontal, the separated colors seem the more basic and real. From the vertical, the colors certainly exist but always as expressions of whole, clear light.

> As, over eons, the world's communally held energy field slowly clears, information not previously perceptible in the incoming waves of energy can be perceived broadly. Every hundredth monkey picks it up.

Making use of the differences and conflicts among things on the horizontal to play them against each other, by means of concerted practices, we discern the larger patterns at work. [See the Sidebar: ***How Conflict Is Made Useful.***] Thereby, we thin and clear out the tightly woven structures of belief in our individual energy fields and enlarge our current developmental level. Eventually, as gradually as we require, we awaken to perception of and identity with the nondual vertical.

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How to Choose Spiritual Practices

The first principle for choosing a specific practice is to choose what appeals to you, for logical and illogical reasons: whatever appeals. The second principle is to sample several that appeal and choose what you find works. You're looking for practices that you'll be willing to use regularly to fill in your understanding from the vertical dimension, with peak experiences that jump levels to suddenly reveal larger understandings. And for the horizontal dimension, you're looking for practices you'll use regularly to surface bothersome issues and integrate their opposing elements, so as to gradually build larger levels of understanding.

All of the practices named here are included because detailed instructions exist for them. Look for the how-to in books and articles by their teachers and on websites. Here are some grounds on which you could gauge various practices' appeal.

> All awareness practices demonstrate what issues are ready for you to take up by what arises to interrupt the practice.

The fundamental skill for self-development is the ability to hold awareness. Can you hold a focus on the sense within you of something troublesome without your standard defensive thoughts taking you away? (For example, "This is stupid / unimportant / too hard / proof I'm always wrong / beneath me / not what I should be doing right now..." or thoughts just bounce to another topic.) Because the minds of even longtime meditators can balk when asked to bring steady openness to troublesome issues, awareness practice is useful lifelong. For this, choose a form of meditation, such as Vipassana, or centering prayer as described by Thomas Keating, or especially the meditative forms that have a body-sensing component, such as Reginald Ray's and Shinzen Young's. Choose Eugene Gendlin's Focusing, as well, if your regular practice doesn't include a bodily-state component. Focusing also offers the advantage of very well worked out directions and troubleshooting.

All awareness practices demonstrate what issues are ready for you to take up by what arises to interrupt the practice. When your conscious awareness is held on these interrupting thoughts, it will gradually see into the underlying issues, and so help to deconstruct them. Follow such issues steadily, as they arise repeatedly over time, and you'll illuminate grounds for compassion, and then develop larger, uncharged understandings. Less pleasant responses usually come first.

If you meditate only, you necessarily will eventually clear the structures of your energy field, enlarge your identity to the vertical, and awaken — possibly not, however, in your current lifetime. Apply practices that build on meditation to intercept what interrupts it and you'll speed the awakening process. Apply the knowing of your body and you'll sharpen your clarity; your intellect's following instructions is what sets up the practice, but if it's productive, it's productive because your body carries it out.

Many practices that build on meditation are available now, associated with current teachers. For example, to expand immediate conscious awareness without meditation's standard sitting or walking forms, pursue Eckhart Tolle's coming into the present moment. To enlarge your identity using the energy field inside and outside your physical body and your surroundings, use Judith Blackstone's Enlightenment Process. For practice in dropping a fertile question into your being and deriving a considered answer, take up A. H. Almaas's Inquiry. The Big Mind / Big Heart process developed by Genpo Roshi can be DVD-led as though you're present with a group of people who all are locating aspects of themselves, each aspect having a coherent, relatively independent agenda. The aspects are addressed as named beings in their own right and respectfully plumbed. By the end, awareness of all of them at once constitutes Big Mind / Big Heart, which is greatly expanded awareness and often is temporary awakening. Meditation will always be the proven, venerable means of enlarging understanding to that of the vertical dimension, but at some point on an individual's spiritual path, Big Mind / Big Heart can be a genuine shortcut.

Psychotherapy, especially as sometimes is described as transpersonal, with at least one mind being consciously aware of meeting another and the associated internal states, can also further internal unfolding and integration. The limit on this happening when the person in therapy isn't trained in such sensing is what Gendlin developed Focusing to address.

> Follow such issues steadily, as they arise repeatedly over time, and you'll illuminate grounds for compassion, and then develop larger, uncharged understandings. Less pleasant responses usually come first.

Two practices are especially effective for resolving conflict by developing a larger level of understanding between people. The Dialog practice developed by Harville and Helen Hendrix structures two people's conversation to optimize respectful understanding of their differences. Framing romantic love as complementarity that denotes wholeness in two people as a unit, rather than as is desirable in each individual, the Hendrixes put the couple's complementarity in conscious service of individual growth. Marshall Rosenberg's Nonviolent Communication (NVC) also relies on structured conversation. It can be used as a recognizable formula with little training that still has effect, or with practice can skillfully wind down even dangerously charged situations by getting everyone on the same side. If we all always skillfully used NVC, we'd have awakening, and world peace, in no time.

How Conflict Is Made Useful

Conflict supports spiritual growth when, in order to resolve it, a larger level is accessed. For example, if in meditation the thoughts swim up that right now I should return an email I had forgotten about and then immediately that I've got to apply myself to meditating, it's easy to favor one thought over the other. The urge to return an email is probably going to recur over the course of the meditation no matter how effectively I apply myself, with me beating back the urge or turning away from it just as often. In the moment, the two alternatives appear to be in conflict. (If I act out the alternation, returning the email and meditating afterward, something else will rise to distract me. I know; I've done this before.) My meditation is hijacked.

The existential fear is the real issue, not which of two actions to take. I spend some time with this flavor of fear, giving it undemanding attention while its emotional charge develops and then recedes (or turns into something else).

Then I remember to look into whether these two urgent thoughts share some larger, common ground. My focus enlarges to objectively represent both thoughts on my mind-screen, in a Focusing-style Inquiry. I'm still thinking, not meditating, but now at least I know I'm doing it. Even just that much leeway decreases my self-judgment about the thinking. With this ease allowed myself, my brain relaxes a bit; I'm willing to let go of the entertainment value of conflicting elements in a fight. With relaxation comes the softer, more open sense of a larger level to look around in.

I look around, and something turns up. When I allow the return-email thought and also the meditate-now thought to co-occupy my mind-screen without judgment, each shows up with a tinge of fear. Now able to hold both thoughts with more definition, more clarity, I notice that under each of them is the previously unformed sense that if I don't do this right, I lose value. Maybe I'm not a valid human being. Existential crisis, here on my meditation cushion.

The existential fear is the real issue, not which of two actions to take. I spend some time with this flavor of fear, giving it undemanding attention while its emotional charge develops and then recedes (or turns into something else).

Once I allow all of this to arise, once the pieces have become coherent, the urge to return email and the urge to apply myself to meditation become mutually understandable. They are poles of action having in common habitually protecting me from the experience of fear. When held in conscious awareness, they are no longer in conflict but alike, as objects of a larger level of understanding. Experiencing this, my mind is present, open, unfraught: meditating.

Awakening: A Map of the Territory

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Here's an example of the usefulness of enlarging horizontal perspective toward the vertical. On the horizontal dimension no two people have identical beliefs and preferences. Some of us differ wildly from each other. So, generally, we hold each other far enough away to respectfully ignore our differences, or in some degree we go, if not to war, into friction. It certainly appears that at least some of us have got to be wrong. But with a vertical, nondual point of view, our differences are valid expressions of universal human experience, and are complementary to each other. No beliefs can be wrong. Since they arise from necessarily limited (horizontal) experience, they are correct within that experience set, and in the gestalt of that developmental level. Certainly, bringing this understanding to the bargaining table doesn't itself resolve all difficulties. It does support setting up conditions in which everyone's underlying needs receive value, so that goals including everyone's vested interests can form. Then, everyone being on the same side and the emotional charge of our having been against each other being allayed, our differences are much easier to address.

> Holding respectful, steady awareness of our own internal sense of any of life's elements prompts that sense to unfold, to evolve: to genuinely change.

Of course, it follows that to grow from the horizontal into the vertical is to give up ever being wholly right. Is that too much to sacrifice in order to come to awakening? At the level where designing one's own spiritual path seems important, maybe not.

We're all progressing, headed in the same direction. The only error is our focus on the quite real, needful, and admirable concerns of the horizontal, such as career, partnership, home life, and legacy, without knowing this: We unthinkingly make them stand-ins for our underlying need to awaken to the vertical, where meaning actually lies. Our culture encourages us to think that the horizontal concerns are what give us meaning. But in truth they bring fulfillment only temporarily, and with endless repetition of our labors and our mental constructions.

The requirements of life on the horizontal are real for as long as we're in bodies, and they are not to be slighted. We do need to tend to ourselves, our families and communities, and the planet. Again, the problem is when we gauge the effects of this tending on the horizontal dimension only. While oriented only to the horizontal, either "success" or "failure" may influence us to course-correct wrenchingly out of alignment with the universe, as opposed to knowing that ultimate outcomes extend beyond our lifetimes and trusting the process even so. Horizontal-only course correction shows up in our lives as frustrating repeated feedback loops, outright addictions, and the same old, same old attractions and repulsions that we can't seem to see further into.

The endless efforts of our lives oriented to the horizontal are not at all wasted, however. Only when we succeed in our horizontal efforts well enough to see that meeting ambitious goals doesn't bring reliable fulfillment are we inclined to seriously reevaluate. Or alternately, it's when, after all our efforts, we smack up against the limits the horizontal dimension inevitably features (not least, death) that we finally have to give up. And so we cast about more broadly for where deep meaning lies. That's when a map of the spiritual path is most helpful.

> Direct experiences of the vertical have often been called peak experiences. They move us beyond ordinary comprehension of life and convey directly its inherent, trustworthy meaning and order.

Direct Experience: Practices. To recap, by adulthood we have full lives on the horizontal but typically are missing ready access to the vertical dimension. We can increase access to the vertical by enlarging our developmental level, that is, by gradually enlarging how much of the universe we identify as ourselves. In the process, our individual energy fields refine and clear. The vertical appears, and we awaken.

Though we cannot force this refinement of our identity and our energy fields, we can invoke the process and support it to proceed. To do this requires making concerted use of dualism.

The whole point of being incarnate is to make use of the dualism of the horizontal dimension. As the primary tool on the horizontal to clear our understanding, dualism exists specifically to free up access to the vertical. With rightly used practices it can become the means of awakening to vertical inherent meaning and trust.

A rightly used practice is one that holds in awareness at the same time elements of our lives that seem most in opposition, most directly dualistic. By consciously opening to larger levels of understanding that unite these elements, we can, practice by practice, level by developmental level, enlarge our understanding to include more and more of the universe.

> As we grow through more levels of development, eventually the former peak is the ordinary background state.

Practices that make specific use of dualism to refine our understanding and our fields are numerous and ripe for our use. (See the Sidebar: ***How to Choose Spiritual Practices.***) There is a difference between these practices and much less productive spiritual emulation —disciplining ourselves without foundation into wished-for goodness and benevolence. Spiritual practices as recommended here involve cultivating patient, conscious awareness of our internal bodily states so that they actually evolve. Making skillful use of the horizontal is not necessarily about being good, or doing good, but about holding awareness consciously so that larger understandings can develop. Useful as discipline can be in making our practice regular, using it to force ourselves into wished-for states rather than evolving into them is not sustainable.

Note an assumption being made here. Holding respectful, steady awareness of our own internal sense of any of life's elements prompts that sense to unfold, to evolve: to genuinely change. It's a trick and perk of being in physical bodies that we have this capacity. Further, to hold within the body the sense of two seemingly exclusive elements at once is to allow the body to integrate them. To integrate, here, means to allow an understanding to grow that is large enough to encompass both (rather than for either element to be judged the correct one; that is, to be evaluated dualistically, at the other's expense). By means of this unfolding and integration, we use our bodies to move along the spiritual path, further clearing our energy fields by clearing our understanding of the horizontal dimension. As the process proceeds, we recognize ourselves actually always existing on the vertical, even while immersed in horizontal, daily-life concerns.

> What's mutually exclusive on the horizontal is perceived from the vertical to be, more fundamentally, mutually integral.

Each practice either develops awareness as such — which in its pure form is without words or thoughts, a dwelling in the vertical — or it specifically connects for integration one part of immediate horizontal reality with another. The parts can be awareness connected with the body, one aspect of self with another, or oneself with another person or with the environment. Spend time regularly with any such practices and the issues most fertile for your use will arise. Spend more time and you have the opportunity to transcend these issues — if not to make them go away, to use them to enrich your life rather than suffering from them. "Ego" and "negative" emotions elaborate into worthy, addressable aspects of ourselves, bringing forward information and fullness of experience that we need.

For modern-day folks who are well rewarded but also scolded for living in our heads, having that good, intelligent head from which to follow the how-to instructions for these practices finally becomes a plus on the spiritual path. From the practices, understanding compounds, and all else on the path ensues.

Leeway. The dark night of the soul is the ramped-up dynamic tension that precedes cycling on to a next, currently challenging developmental level. Leeway, space between you and what's in your face or pressing on your spirit, is available in the form of time off from practices and also of adding in buffering comforts for yourself of all sorts. You are a trustworthy system; your reactions to the feedback your practices generate are just more horizontal feedback to be valued and worked with. Too much challenging feedback can be handled by looking into it further, certainly, but also by intentionally setting it aside for a while. (It will come back. Trust the universe to up the ante.) Like all other dualisms, the practices/leeway complement becomes useful instead of an oppositional block in your system when each part is consciously chosen and mapped, and their alternation is intentional.

> Horizontal-only course correction shows up in our lives as frustrating repeated feedback loops, outright addictions, and the same old, same old attractions and repulsions that we can't seem to see further into.

As is often pointed out, we are already in the rarefied state of the vertical dimension but don't realize it. That is, whether or not we "get" the larger reality of the vertical dimension directly or understand it (first) intellectually, we (and everything in physical existence) are literally made of its rarefied energy. As long as we're in bodies, we have the equipment to perceive life on the horizontal. And as soon as we've encompassed enough of the disparate elements of the horizontal dimension with our understanding and our identity, the vertical opens to us; we know ourselves to be *that*, even more fundamentally than we are our minds and bodies. It was there all along. Until then, until we've cleared and opened our personal reality enough to include the whole of the horizontal, our separation from elements within it offers continual opportunity to develop ourselves.

BRENDA MORGAN, PH.D
MEDITATION & RETREAT LEADER

DURING the past 15 years, Brenda has served as a meditation teacher and retreat leader for the evolutionary growth of others due to a change in her perception of Reality. She is also available for public speaking with large or small groups.

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There is, in other words, from this large perspective, no way to do life wrong. Every life features the everyday horizontal and the larger vertical dimension of which it is the expression. Our typical practices, intentional or not, determine the relationship between the two. We all have the same three parts, but no one else's life has exactly the same issues and experiences and preferences. On the horizontal, what issues complicate your life and convey its tensions? What experiences of the vertical draw you toward ultimate wholeness? Which practices draw you out best, and what forms of leeway allow you the room to incorporate your findings without their emotional impact derailing your motivation? As you refine your answers, you refine the coherence of your path.

> The dark night of the soul is the ramped-up dynamic tension that precedes cycling on to a next, currently challenging developmental level.

Finally, what happens when we consciously work the horizontal and the vertical dimensions of a path? Our body-based practices yield feedback on what dualities we have yet to understand and transcend, and are the means of resolving them. They let us know how much of our horizontal reality we have yet to bring inside our identity. And the touchstone for each of us to courageously, concertedly bring everything into our identity is our experience on the vertical of how trustworthy and meaningful that inclusion actually is.

> There is, in other words, from this large perspective, no way to do life wrong.

Daily life then becomes spiritual practice, and we continually adjust for how much development we can support. Instead of generally living good lives, we're deciding how fast, how deep, and how far to move on our own paths. Through my lens, this creation of consciousness is exactly what we have incarnated to do.

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Exploring Whole-Body Healing ~ A Two-Way Interview Between Milagros Paredes and Stefanie Cohen

(in which a Jewish woman from Brooklyn and Cambridge who became a Somatic Movement Educator engages with a Filipino-Spanish woman who grew up in Singapore and became a Shiatsu practitioner)

Photography by Joni Strickfaden

In a mutual interview, two local professional healing artists —Stefanie Cohen and Milagros Paredes — demonstrate how sharing expertise with each other has significantly benefited them and their clients on numerous levels. In a relaxed back-and-forth question and answer session, Stefanie and Milagros discuss body knowledge and the physicality of being, healing, and life in a conversational exchange that mirrors the client sessions they trade with one another.

Milagros, 51, is a shiatsu practitioner and Certified Apprentice Integral Coach®. In her work, she seeks to facilitate the healing process through an integrated approach to shiatsu, incorporating touch, awareness, food, herbal medicine, and ongoing encouragement to clients to practice awareness and movement techniques. She sees clients out of her home in Chelsea, and also does housecalls. She and her son, Joseph, who is 13, live in Chelsea.

Stefanie, 45, is a Registered Somatic Movement Educator and a performing artist who facilitates group classes and conducts private, individual sessions. Her teaching approach centers on helping students develop keen physical awareness, mindful presence, respectful touch, and collaborative connection; she facilitates exploration of somatic movement practice as a means of self-discovery, artistic expression, and self-care. She owns and manages SOMA (Studio Of Movement Arts) in the Kerrytown area of downtown Ann Arbor. She and her partner, Corey Gearhart, and her two children, Shane, 13, and Billie, 9, live on the west side of Ann Arbor.

Stefanie Cohen: Milagros, you and I have been trading client sessions with each other for the past four years, and we have found that it has had an effect both on our own well-being and on the way we conduct our work. We've gone through some similar life stages during this time — we've both participated in professional training programs, have been raising our children, and have each also gone through a divorce. Over the course of this time, through conversation, writing, and sharing some of the practice and theory behind the techniques we employ, we have grown to become more knowledgeable about each other's work and appreciative of its value. This has supported both us and our clients. Within this context, you came up with the idea to write an article about our work and the processes we've been engaged in, in the form of a mutual interview. Thank you so much for inviting me to do this with you.

***Stefanie:** First, how would you describe this cross-pollination, Milagros?*

Milagros Parades: I am interested in how the work we receive from one another informs and starts to get integrated into the way that we work with clients — the presence we bring. For me, one of the most interesting aspects of bodywork, and what I have benefited most from, is a greater awareness of my body. Increasing body awareness is what allows for ongoing healing — it's what begins to help us see how we participate in our own suffering and what choices we have for altering habitual patterns that no longer serve us. Before I was engaged in Authentic Movement practice with you, I had wanted to find a way to strengthen this aspect of my work by inviting my clients to a more active awareness of their body, but I wasn't sure how to do this. Through our work together in this practice, and through my recent work in Focusing Technique, I am learning how to do this.

> **"I have noticed and am excited about how people often also have a motivation to proactively care for their bodies and their health in new ways. I love to see this birthing of change and hope."**
>
> **—Milagros Paredes**

Stefanie: Within our trading with one another, I have appreciated the opportunity to receive regular, consistent bodywork and to barter for it during a time when money has been tight for me. In doing so, I have been able to self-tend through receiving not only skillful touch but herbal and nutritional guidance that has supported me through stress and distress. So often, this kind of self-care can go by the wayside when we are concerned about our finances. Creating a small-scale "barter economy" not only addresses these concerns but also, I believe, upholds a sense of value for the work that we each have to offer.

Beyond the economic exchange, however, I appreciate how actively you have participated in a conversation with me about somatic work, including both practical and theoretical aspects. I've been able to experiment with and expand upon ways I might work with my movement clients and students. You have been particularly forthcoming about the ways in which psychotherapy and somatic work complement each other, for example, which has made my research process more rich and interactive. Though the specific manner in which we work with clients is different, what you model for me in terms of your commitment to your practice influences and inspires me. This has been tremendously supportive.

For me, an interesting aspect of our process together, in our trading and even within this conversation, is how we seem to move fluidly between being the receiver of care and being the giver of care. What is it that we hold for ourselves to make that possible? With some of our clients, we would never choose to trade. Certainly, if we were traditional psychotherapists or physicians, we wouldn't place ourselves in the role of receiver of care to our clients — we wouldn't alter those relationships or share certain aspects of ourselves. But for some reason — likely a philosophical sense about this kind of work — you and I seem to be able to make those flips. I'm interested in this and am sure we will touch upon this in our conversation.

***Stefanie:** To begin with, though, I'm curious to hear more about your background. Can you tell me a little about where you were born and about your cultural upbringing?*

> **"While I believe that healing does not necessarily equate to 'fixing' or 'curing,' and that we have much that we can learn from injury and limitation... I'm aware that the support of a knowledgeable, thorough practitioner is invaluable."**
>
> **— Stefanie Cohen**

Milagros: I was born in Manila, Philippines, in 1962. My parents were both Spanish-Filipino, what's known as "mestizo" in the Philippines. I grew up with English, Spanish, and Tagalog, and I spoke English mixed with a few Tagalog words and expressions here and there. I have an older sister and brother and a younger sister.

In Manila we lived in a family compound consisting of four homes and a swing set. It was separated from the rest of the neighborhood by huge cement walls with broken glass rimming the top and large spiked green gates on each end. Because the extreme poverty of Manila made it a dangerous place, we were not allowed to leave the compound unless we were with an adult. Several members of my father's family lived there with us so, in a sense, we lived in a co-housing situation.

My grandmother took me to ballet classes and to the country club where I learned to swim and, later, trained further in swimming with my brother several times a week. I loved that country club. It was one place we could roam freely outside of the compound.

***Stefanie:** How old were you when your family left the Philippines?*

Milagros: When I was about nine, my father decided to emigrate to Canada, in anticipation of political unrest under the Marcos regime. My father had some savings, but very little really, and with this courageous and loving decision, he changed the course of our lives and opened up worlds of possibilities — for my whole family. After six months, during which time he found work and a home for me, my siblings, and my mother, we followed him. The rest of his family followed as well, while my mother's family remained in the Philippines.

We lived in the suburbs of Toronto for a year and a half and then, as a result of my father's job transfer — he was a salesman — we moved back to Asia, this time to live in Singapore. Life there was safe, secure, and full of opportunities. I lived in Singapore until I was seventeen, when I moved back to Canada for university. My parents stayed in Singapore for a few more years, so it remained a home base, and my brother and I would return there a couple of times a year during vacations.

Milagros: *I actually know very little about your childhood, Stefanie. Where were you born, and what were your early years like?*

Stefanie: I was born in Brooklyn, New York, in 1967 to a culturally, though nonreligious, Jewish family and moved as a small child to Cambridge, Massachusetts. My parents were quite young when I was born — in their late teens and still in college — and they actively participated in the antiwar movement of the late 1960's and early '70s. I am told that I spent a good deal of my infancy in a stroller at demonstrations and rallies! We moved to Cambridge initially because of contacts and friends my parents had in the area and so my dad could go to graduate school; but we settled there, and I grew up there along with my younger sister, Gillian. My mother, Phyllis, has worked for the American Friends Service Committee, a peace and social justice organization, for more than thirty-five years. My father, Stu, was a journalist — initially with a newspaper called *The Real Paper,* which became *The Boston Phoenix.* He was a foreign affairs writer and arts critic and was also an artist — a musician and photographer. Certainly, my dad's engagement as an artist and with the connections he made between art and social change was a great support to me. Over the years of his career, which sadly ended with his death in 1996, the focus of his writing shifted to public health and policy. My sister, who grew to become quite engaged with public policy herself, and who is particularly interested in educational needs of children, works for the U.S. Department of Education and lives in Washington, DC.

Stefanie: *Would you describe your work with shiatsu and say something about the other modalities you use?*

" For me, an interesting aspect of our process together, in our trading and even within this conversation, is how we seem to move fluidly between being the receiver of care and being the giver of care."

—Stefanie Cohen

Milagros: Shiatsu is a form of massage involving the application of pressure. I practice Zen Shiatsu, developed by Shizuto Masunaga. In this form of shiatsu, pressure is applied to all parts of the body along specific pathways called meridians.

In a session, I work on a mat on the floor and, using my weight in a relaxed manner, I apply deep, slow, perpendicular pressure to stimulate the body's parasympathetic nervous system and support the body's inherent impulse toward healing. In addition to touch, I often find it important to ask the client about his or her diet and to offer recommendations that seem relevant. I also integrate Focusing Technique wherever I think it will support release and, from a big-picture perspective, I allow the Integral Coaching® method to inform my approach.

Stefanie: *Restoring a balanced flow of energy seems key in your work. Can you say more about that?*

Milagros: The opposite of flow is stagnation and congestion. Everybody experiences this in one way or another. In Chinese medicine, disease results from stagnant energy, and in my work, my effort is toward promoting a smooth flow of energy. After a session, clients report experiences of profound relaxation, a clear mind, diminishment of symptoms, greater flexibility, a new sense of lengthening, and flexibility. These are the result of clearing stagnation, supporting deficiencies, and dispersing excess energy.

I have noticed and am excited about how people often also have a motivation to proactively care for their bodies and their health in new ways. I love to see this birthing of change and hope. The healing happens not only because I am facilitating a smoother flow of energy but because I have opened my body to receive their energy. This connection between us — I think this in itself is healing.

Milagros: *Stefanie, this aspect of connection is something that I experience powerfully in the movement work I do with you. Would you describe Authentic Movement and speak about this practice?*

Stefanie: Authentic Movement is a contemplative movement practice founded by Mary Starks Whitehouse, a modern dancer and pioneer in the field of dance therapy, in the 1950s. She investigated the ways in which people, rather than having movement imposed upon them, could have their bodies *lead them* into movement. When people allow themselves to listen deeply and to be moved by their bodies, a tremendous number of images and insights can come forth.

Milagros: *What do you mean by movement being imposed?*

Stefanie: For instance, in forms including our everyday, utilitarian tasks, sports, or dance choreography. I'd say that a big question the practice poses is this: "If left to its own devices, what does your body feel inclined to do? How do you feel drawn to move or rest?" When people allow themselves to listen deeply and to be moved by their body's impulses, a tremendous number of images, emotions, and insights can come forth.

Typically, the practice includes eyes-closed movers, listening for their body's movement impulses — however subtle or expressive — attended by eyes-open witnesses who watch them compassionately. After a period of movement, the movers and witnesses may write or draw or otherwise further creatively explore the material or themes that have emerged in the session. Practitioners use Authentic Movement as a physical exploration, an artistic resource, a therapeutic modality, and as a form of movement meditation.

Milagros: *And what's your role as a facilitator of Authentic Movement?*

Stefanie: I serve as an attentive witness to my clients, observing the sensations, feelings, images, and thoughts that I experience as I watch them move. Upon first hearing their own reflections on their movement experiences, I offer my responses to them. I do this in an attempt to provide other kinds of insights alongside those that they have found for themselves, but never as a way of overriding or rewriting them. I hold this role within my individual sessions and also often in my group classes; but in the groups, I facilitate others to learn to witness one another as well. Mary Whitehouse's early students, Janet Adler and Joan Chodorow, contributed significantly to developing the role of the witness to be held not only by a teacher/facilitator but by peers within the practice as well. In my classes, we spend a lot of time considering the ways in which we see and all of the things we might project upon each other. We explore what it is we bring to and project on what we see.

Stefanie: *Milagros, you mentioned that you have begun to integrate some awareness practice into your sessions. How do you do this?*

Milagros: In general, I begin by guiding my clients to get a felt sense of their bodies. I then ask clients to check in to see what part of them wants attention. I ask questions that require them to pay close attention, to become intimate with the sensations they are having during the session. I believe that when clients participate in the session in this way, patterns can change more readily because the nervous system is consciously engaged. There is a kind of disconnect that can happen over time between muscles and nerves, and the muscles maintain a holding, contracted state, as if locked. The connection begins to get restored with attention to sensation. I learned this through some work I did in Hanna Somatics. I have found that when my clients participate in this way, the work takes on greater depth and meaning, for both of us.

Stefanie: Right. Yes. Thomas Hanna is the one who coined the term "somatic" as we use it today.

Milagros: *Say more about this, Stefanie.*

Stefanie: When we use the word "somatic" here, it derives from the term "soma," which essentially means a *body conscious of itself in movement.* A "soma" is a living body, fully inhabited, inclusive of its physical anatomy, psyche, and spirit. Somatic movement educators and therapists work with people to support their well-being and invite them into the process of their own self-care. We help clients foster a sense of wholeness and of interconnection; of ease, presence, and vitality; and to gently repattern their bodies through physical exploration. Authentic Movement is one of a number of different disciplines that can be characterized as somatic movement education practices, and it is a key modality with which I work.

"When I was about nine, my father decided to emigrate to Canada, in anticipation of political unrest under the Marcos regime. My father had some savings, but very little really, and with this courageous and loving decision, he changed the course of our lives and opened up worlds of possibilities — for my whole family."

— Milagros Paredes

Milagros: *How did you come to this practice?*

Stefanie: I studied theater through high school and college, majoring in it at Brandeis University and working a bit in Chicago. In my early adult years I worked as a director and stage manager. Toward the tail-end of college, though, I found had become passionately interested in movement. I took all of the classes available to me, and when I graduated I fell into the improvisational dance community in Boston. I took classes and workshops in Authentic Movement and also in Contact Improvisation (CI) — a dynamic form of dance partnering — as well as in performance improvisation, which is real-time composition of dances.

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Milagros: *What drew you to focus on this work?*

Stefanie: When I danced and performed, I got very positive feedback from others. The culture felt different to me than theater in many ways — especially when I was a young woman — and through working in these modes, I felt I got to develop a voice or find signature styles of movement that suited my body. Those kinds of approaches gave me an opportunity to find and develop ways of moving that felt unique to me instead of being in a class where I was trying to pattern my movement to the teacher's. I was very self-conscious of having a body that was so unlike a more traditional image of a dancer's body. But when I was able to find my own movement — not through looking at a mirror, imitating someone else — I found that my body had a lot to say.

"I serve as an attentive witness to my clients, observing the sensations, feelings, images, and thoughts that I experience as I watch them move."
— Stefanie Cohen

Milagros: *You have mentioned to me before that Authentic Movement also played a role in your hospice work....*

Stefanie: Yes. In addition to my artistic explorations, drawing upon Authentic Movement as a place to generate movement or text for performance, I also found it very supportive to me as a hospice worker. At the time — in my early- to mid-twenties — I worked hands-on as a home health aide with terminally ill patients, working in people's homes and in a small hospice residence in Cambridge, Massachusetts. In my movement classes, I was able to literally *move with and through* some very intense parts of doing that work. For instance, in the movement sessions, I could sometimes try on or imitate the movements of people with whom I'd interacted during my workdays — this allowed me to abstract my experiences and see them aesthetically, from a greater distance. Also, importantly, I got to draw upon the model of witnessing in order to discern what the hospice clients or their loved ones really needed. I learned to try to differentiate what was mine — my *own* fear for their discomfort or my projections of grief — from what was actually being asked of me. In this way I could better learn to meet what was requested of me and to more truly serve.

Milagros: *You trained as an Authentic Movement facilitator many years ago, but you also recently completed a masters degree in somatic education. Can you say something about that?*

Stefanie: Yes. I studied Authentic Movement in 1998 in western Massachusetts through a program called Contemplative Dance. My masters program, which I attended in 2010, is called "Dance and Somatic Well-being: Connections to the Living Body," offered through the University of Central Lancashire, in England. This particular program, in addition to its location in England, is offered in a U.S. branch through the studio Moving Body Resources in New York City. It's a comprehensive masters, with theoretical, practical, and experiential aspects. It covers similarities among different somatic modalities as they are practiced throughout the world but primarily focused in Europe and the U.S. There's quite a bit of activity, particularly in Great Britain, with regard to somatic education and somatic therapy.

"When I receive bodywork and nutritional support from you, I have a strong sense that I am actively engaged in a process of self-care rather than going to a practitioner to 'be done to' — healed or repaired. I bring my knowledge and experiences within my body and pair it with the insights you bring; I feel a genuine sense of respect from you for the intricacies of my self-knowledge."
— Stefanie Cohen (to Milagros Paredes)

As a Registered Somatic Movement Educator, (through International Somatic Movement Education and Therapy Association — ISMETA), I work not only with Authentic Movement within my practice, but also incorporate experience I have with Continuum Movement, experiential anatomy, and to a lesser degree, Body-Mind Centering® (BMC).

Milagros: *Can you describe what a session typically looks like?*

Stefanie: The individual sessions I conduct are co-created and improvisatory in nature, and they can follow many different structures; they generally last about 75 minutes. We usually begin with a verbal check-in with one another, followed by inquiries into my client's felt-sense experience; moving directly to an investigation of sensation, I might ask, "What are the qualities of movement within your body that accompany what you describe of your experience? What does your state *feel* like?" How do you wish to feel? Further, what might support you to feel this way?"

I witness their movement throughout the session — sometimes from a still location at the periphery of the space or sometimes in close proximity. Moving, sounding, and breathing in unison with my clients can be surprisingly powerful for us both. Later I may offer reflective responses through my own movement gestures, and from time to time I can make specific suggestions with regard to movements, breath, or sound that they can experiment with both in and out of the studio. I may offer or respond to requests for supportive touch, and/or provide bolsters or blankets to my clients to increase their comfort during their movement investigations. Occasionally I serve as a scribe, writing down insights, images, or language that my clients voice and may wish to keep. I also make a range of art materials available with which they might further explore images that arise in the sessions. Our sessions then end with reflections on the process together.

Stefanie: *Milagros, what brought you to shiatsu?*

Milagros: I started receiving shiatsu when I was 26, for an eating disorder I had had for ten years. I was also seeing a psychiatrist who practiced hypnotherapy. Both therapists were gifted, and I continue to feel so blessed to have found them.

From that time on, shiatsu became a regular part of my therapy. My shiatsu therapist was someone who encouraged me to connect with my emotions during our sessions. She was very much inclined to working with people psychologically through bodywork. My eating disorder had a lot to do with not wanting to feel my emotions — I used food to avoid feeling emotions, both positive and negative. Therefore, the bodywork I did with her provided a safe structure for entering the world of my emotions. It was profoundly therapeutic on this psychological level. And it worked very well alongside the hypnotherapy I was doing. It allowed me to come back into my body and inhabit it more fully.

Stefanie: *This is during that time in your late twenties?*

Milagros: There was an intense period of about three years, from ages 26–29. The symptoms of the eating disorder gave way to deeper psychological issues quite quickly, and during this time I stayed engaged with shiatsu and hypnotherapy. I continued to receive bodywork after that more intense time, with shiatsu always being my preference because I love the way it clears, opens, and balances me on an energetic level, and I also love the way the deep pressure feels. It simply became an essential part of my process of healing, self-care, and self-discovery.

Stefanie: *That sounds so powerful. When, then, did you decide to study as a practitioner, yourself?*

Milagros: I was 32 years old. At the time I was doing community development work in Toronto, working with immigrant and refugee women. In the end, that work wasn't fulfilling to me.

Stefanie: *In what way was that so?*

Milagros: I didn't feel that I was helping to lessen suffering in any significant way, and I really wanted to make a difference in people's lives. From the time I was very young I have been interested in helping people suffer less. After the experience of being a community development worker and the experience of healing through shiatsu and psychotherapy, I reached a feeling of clarity about wanting to support people in the way I had been supported, from the inside out. I had learned so much by discovering myself through psychotherapy and shiatsu. I knew I had an affinity for bodywork, and since shiatsu had been so helpful to me, and since I believed in the effectiveness of Chinese medicine, I wanted to do bodywork within that modality.

I studied at the Shiatsu School of Canada, in '93–94. It was a 2,200 hour program that included both Western and Eastern modalities of health and healing.

Stefanie: *Much has happened, I know, with regard to your work since that time. I know lots of* life *has happened, including your having had a child. How do you think your work as a shiatsu practitioner affects your son?*

Milagros: That's a good question, and I think the answer reveals a two-way street. Joseph came into the world with a set of needs, and the way I met him in these needs has a great deal to do with my deep interest in holistic natural healing. From birth, my son suffered from severe constipation and abdominal pain. And from the beginning, I believed that children have the potential to be healthy and radiant. My son was not, but I was convinced that I just had to find the key to make that so. I was single-minded about that. From the very beginning of his infancy, I used my skills as a shiatsu practitioner to relieve pain, gas, and to facilitate bowel movements. Compression on specific acupressure points and energy work were significant tools I had, literally at my fingertips, for soothing him through many painful times. Homeopathy was also very helpful for treating symptoms. I sought help from a wide variety of natural health practitioners, most of whom were not able to help in any significant way.

After eight years, I eventually found the solution with critical help from Dr. Natasha Campbell-McBride. She was the one who was finally able to put all the pieces together and offer a systematic way through the healing process. The path was tolerable, though not easy; it was natural and, above all, effective. Essentially this path consisted of eating according to the GAPS™ (Gut and Psychology Syndrome) diet, beginning with a very simple, easily digestible "introductory" diet for a week and, in the case of my son, an extremely gradual expansion to include foods and ways of preparing /cooking food that were more challenging for the digestive system.

"Somatic work holds the body as central, and movement seems to be a powerful way of enacting change within our lives. It's a way to begin practicing a new way of being."
—Milagros Paredes

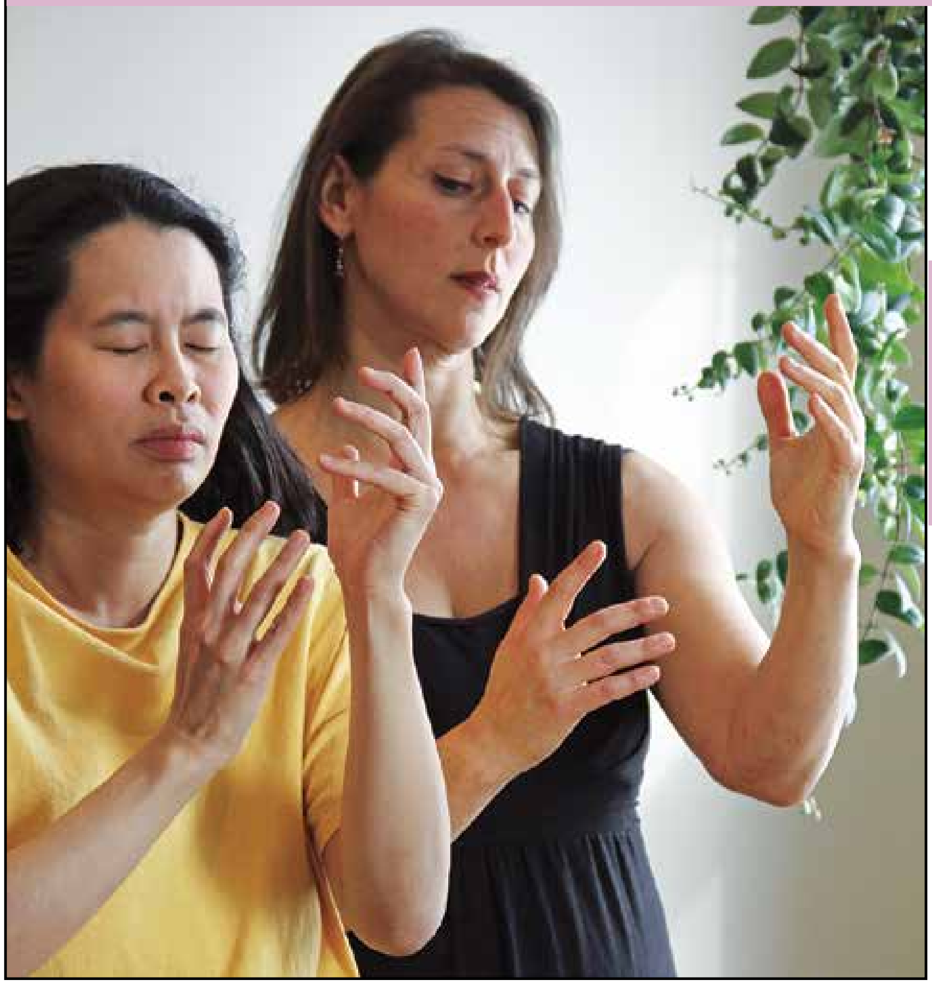
Stefanie: *Is that when you started to research nutrition more?*

Milagros: Yes. While I had studied nutrition on my own for years before the birth of my son, and had struggled with weaker digestion myself, most of what I now know about gut healing and its relationship to the rest of the body comes from my work of healing Joseph. Working with and observing him 24 hours a day, and noticing how he responded to certain therapies and foods, showed me a lot. Today he is a thirteen-year-old, and he shows a lot more resistance to my medicine ways. He still welcomes foot massages, though!

Stefanie: As your client, I have to say that I have truly reaped benefits of the research that you have done. Your sensitive support around healing digestive issues has been so helpful to me — particularly in times of intense vulnerability and transition.

You have mentioned some of what exploring movement is bringing to your work with clients, principally having them take a more active role. Since my graduate studies in somatic movement education, my practice has expanded from facilitating Authentic Movement to including other elements of somatic work. For example, I now include more verbal interactions during the body of a session and also more touch. I worked with a client today, and I noticed myself bringing touch to his body in similar ways as you do with me with shiatsu — at least in terms of my posture and body mechanics. At the heart of the work with this client, I still frequently asked questions about his awareness of what he experienced and what he felt he needed at any given moment, but the touch proved integral to the session.

> **"One of my teachers once said, 'The reason we improvise is because we yearn to move on uneven ground.' ...As humans, we use a great deal of energy trying to fix life so that it's familiar and predictable; we want ground under our feet. But the reality is that everything is always changing, and life is simply uncertain."**
> **— Stefanie Cohen**



Milagros: *It's interesting to hear how we influence each other's work. Can you describe your work with another client and some of the ways your practice has expanded?*

Stefanie: A client of mine — a psychotherapist who had been particularly interested in integrating more embodied approaches within his own work — came to a session with me a few years ago experiencing a high degree of limitation and discomfort in his shoulder. He had been having difficulty sleeping and had jolts of pain upon even slight movement. He felt quite vulnerable, unsure as to what would cause his pain at any given time, and was concerned about the extent to which he would be able to move, cook, garden, or do any of his other meaningful activities. Though our work together up until this point had been a more open-ended inquiry, serving as creative and emotional support to him in his work and family life, we chose to spend time on this day attending his injury and the accompanying trauma he seemed to experience.

As a way of initially taking some emotional pressure off, easing into the process during this particular session, we determined to focus primarily on his noninjured side. We looked for the support and insights it might offer in helping to care for his other, more fragile one. As the time unfolded — through movement and breathing together, my questions as to his felt-sense experiences, and some subtle, supportive touch — he reported feeling more freedom of movement, less tension, and what he termed an unexpected sense of "newness." Through moving and speaking, he expressed his desire to invest that possibility of newness into his everyday activities. He also observed that, through focusing on the greater range of movement throughout other parts of his body, he had began to feel more of a calm indifference toward his injured side; this made it possible to greet his sensations with more curiosity and less fear.

When he returned the following week, he noted that whenever he brought a sense of curiosity to his pain, it would diminish more quickly. He could more calmly and clearly begin to articulate the details of his discomfort (shooting pain versus throbbing; directions in which the sensations moved, etc.) and also connections between his activities and his pain.

Milagros: *Are there instances where you refer your clients for other complementary therapies?*

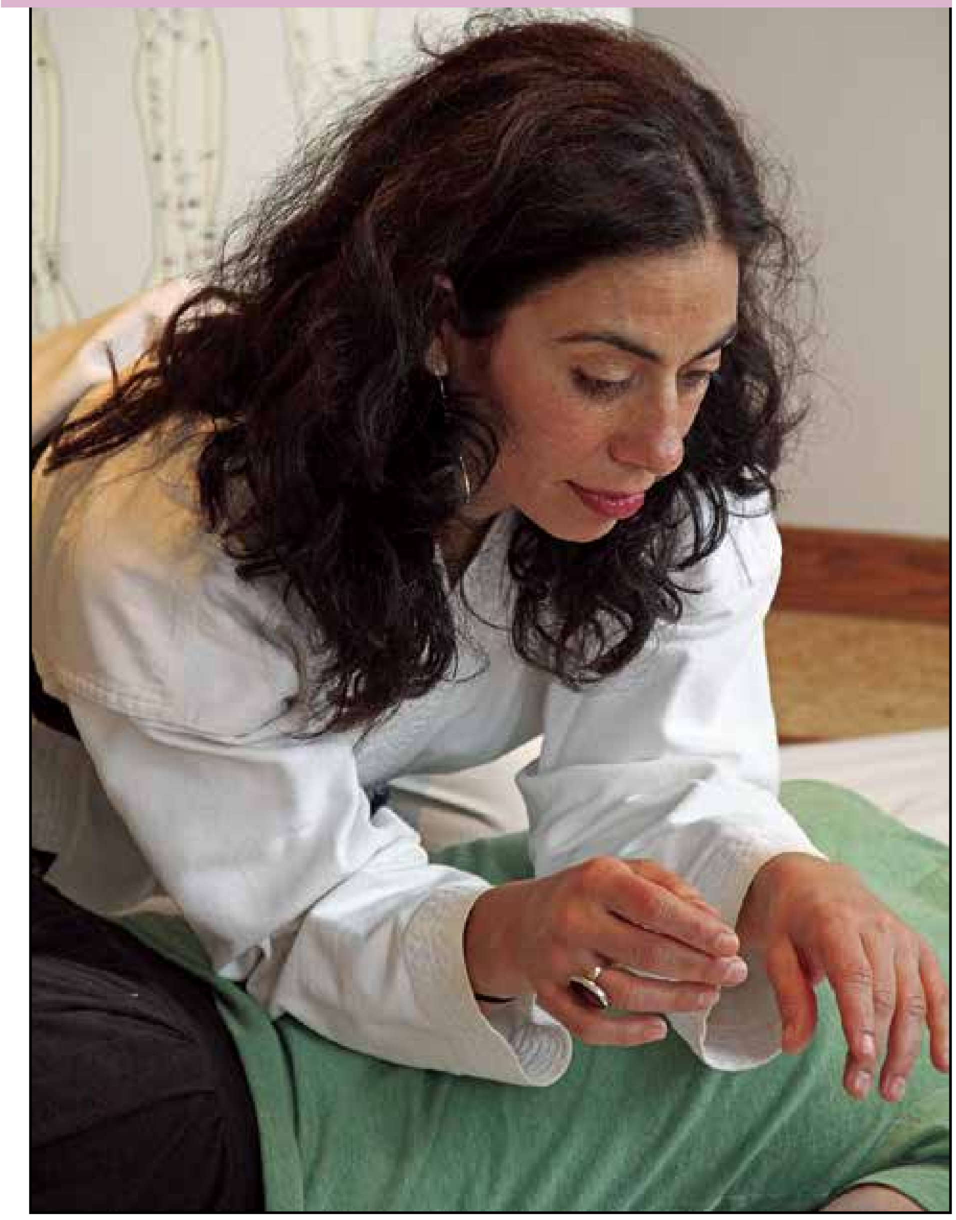
Stefanie: In this case, we actually did end up doing so. Together, he and I brainstormed about the other kinds of local therapists, such as Trager or Feldenkrais practitioners, who could further help to support his healing. I was then able to make some referrals. My sense was — and you talk about this with regard to your own clients, Milagros — he was then better supported to participate actively in his own healing. His ability to articulate his experience and needs and to identify and "peel back" some of the layers of emotional and physiological tension he'd held made it possible for him to offer himself — and then to receive — more integrated and nuanced care.

Although some of the other somatic modalities take more of a systematic anatomical approach, aiding people structurally and correctively, Authentic Movement and the kind of work that I do with clients may be considered more cognitive in nature. By this I mean that, by and large, rather than engaging in more structural explorations, people often focus on personal narrative, identity, feeling states, and behaviors. While I believe that healing does not necessarily equate to "fixing" or "curing," and that we have much that we can learn from injury and limitation — I have had these experiences many times throughout my life as a dancer— I'm aware that the support of a knowledgeable, thorough practitioner is invaluable. As a long-time CI dancer and movement teacher, and as a receiver of bodywork myself, I certainly have a lot of information about respectful and supportive touch, but the work I do is not from one particular modality or system. Though I have skills and anatomical knowledge, the touch that I offer may not directly serve a corrective function. I'm so glad to live in an area where there are so many gifted practitioners with whom to consult and cross-refer.

Stefanie: *Milagros, can you tell me about clients with whom you've worked, for whom shiatsu really made a difference beyond what traditional allopathic medicine was accomplishing?*

Milagros: I have a client who's been seeing me on and off for about ten years. He worked as a lawyer and also did some farming, growing hay on his land. He started seeing me in his fifties and, like your client, came in with a shoulder injury — to the shoulder cuff muscles, which reduced his range of motion in that joint by at least half. He was on the verge of getting surgery but decided to try one last thing before doing so. After several shiatsu sessions, his range of motion improved by at least 90 percent. I had also made recommendations of foods to eat and to cut back on. Unlike most people, he was very open to making changes to his diet, and this led to an ongoing process of exploring different foods and their effects on his body. As a result of diet changes, blood tests showed a reduction in his cholesterol and blood pressure, and he lost weight. His flexibility and mobility are better now than they were ten years ago. Besides improvement in his health, he also became a food activist. He continues to see me — about every four weeks. He's had a hip issue that is quite stubborn and, little by little, we are learning about it and how to work with it. Alongside shiatsu, he has been seeing a physiotherapist over the last several months, and he has been attending a Pilates class for years now. All of these modalities inform his growing awareness of his body and his knowledge of what exacerbates or relieves the pain.

> **"People who come for a more integrated psychological and physical kind of support come more regularly and consistently. For these clients, bodywork tends to be included in their lifestyle as part of what they do to stay well, supporting them through the challenges and burdens that life brings."**
> **—Milagros Paredes**



Stefanie: *What kind of support do your clients generally want?*

Milagros: While most people come to me presenting physical complaints, I have several clients who come to me wanting emotional support as well. Most of these clients already know that the physical and psychological are inextricable. They come to me knowing that bodywork will help them face life from a more grounded and clear place, that it can help them shift out of

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stuck places and create more spaciousness in their thinking and feeling, and that it can strengthen and empower them. There can often be more conversation in their sessions but, even when conversation is minimal, these clients show an openness to expressing emotions as they surface during the session. It's amazing to feel the energy suddenly flowing freely again in response to emotional energy being expressed.

Recently I trained in Focusing Technique because I have always had a keen interest in emotional healing through bodywork. Focusing technique is founded on the belief that the body knows and that we can access the body's knowledge for emotional healing by listening to the body's language of sensations. At first these sensations don't have much meaning or are little understood, but with the warmth of attention, listening, and a gentle curiosity, these largely unconscious sensations blossom into awareness. I love being able to support clients in a fuller way as they face emotional pain.

A client might be expressing great frustration about a particular issue that feels like a dead end to them because they haven't found a way to resolve it. I can take this as an opportunity to ask them to tune into and get a felt sense of the physical sensations that arise as they speak about the issue, and we go from there. As the client pays attention to the sensation, engaging it by being with it or by articulating in words what it's like, the sensation changes and reveals itself. Very often, the essence of the frustration is revealed and the client finds a way through.

"From the time I was very young I have been interested in helping people suffer less. After the experience of being a community development worker and the experience of healing through shiatsu and psychotherapy, I reached a feeling of clarity about wanting to support people in the way I had been supported, from the inside out. I had learned so much by discovering myself through psychotherapy and shiatsu."
— Milagros Paredes

"I've also frequently noticed how, after I do an Authentic Movement session with you, my awareness is heightened significantly, and I am able to meet my clients more fully."
—Milagros Paredes (to Stefanie Cohen)

***Stefanie:** Do people tend to come to you over years for regular sessions, for a few months at a time, or more sporadically, as needed?*

Milagros: Most clients come when pain hinders their ability to move in ways that are important for them. Naturally, they want the pain to go away and their range of motion restored. When they feel better, they tend to stop coming and use their resources for other things that are important to them. People who come for a more integrated psychological and physical kind of support come more regularly and consistently. For these clients, bodywork tends to be included in their lifestyle as part of what they do to stay well, supporting them through the challenges and burdens that life brings.

***Stefanie:** What are some limitations of shiatsu, as you've observed? When might a client need a different approach to complement what you're doing?*

Milagros: Shiatsu, based on Chinese medicine, uses a framework and language that is unfamiliar to the majority of people who see me. I find this limiting sometimes because some people want me to be able to explain what I sense is happening in anatomical terms. My training included the standard anatomy and pathology content as contained in a registered massage therapy program, and although I was successful in the study of these subjects, the actual *practice* of shiatsu does not use the same language and ideas with regard to body and health. We talk about "kyo" ("empty" in Japanese) and "jitsu" ("excess"), and these terms refer to the energetic state of meridians and areas of the body. It's actually very simple! When energy is deficient or in excess in a particular area or along a meridian, people usually experience some kind of discomfort. By moving the energy and supporting *flow*, pain dissipates and healing occurs. Flow in energy is the basic, original, and well state of the body. The body has its own logic — it always tends towards healing — and in shiatsu, my work is to support this logic by encouraging a flow with my touch and my openness.

I have several clients who do other complementary therapies alongside shiatsu. One client has low back and hip pain, and she sees a chiropractor and does yoga regularly in addition to seeing me at about four-week intervals. Many of my clients use chiropractic therapy, either alongside shiatsu or alternating for periods of time, using one and then the other. I have often recommended clients for osteopathy as well. The other complementary modality that my clients frequently use is physiotherapy. Both chiropractic and physiotherapy tend to be covered by insurance, which makes them accessible forms of therapy.

***Milagros:** Stefanie, I have done a lot of work with you and have benefited in a profound way, mostly emotionally. Are there clients for whom somatic work has really moved them beyond what they've be able to work on in more talk-only therapy?*

Stefanie: What comes to mind right now, specifically, are the ways in which several of my students and clients have attended to grief through the Authentic Movement work. There have been several instances in which people have done so both independently of and in conjunction with their talk therapy. For some, their grief has had to do with the deaths of loved ones; for others, it's been for jobs losses, relocations, or dramatic shifts they've experienced in their sense of identity as they have aged or become parents.

Some clients come to the movement work from talk therapy sessions in which they have felt validated, seen, and acknowledged for the strength they've demonstrated within challenging life circumstances, but are unsure of how to proceed beyond there. Within the movement work, then, they come equipped to experiment, to play, to listen to other possibilities beyond the meanings they have made of their experiences, and to practice — quite literally, taking other kinds of *stances*. They then sometimes return to talk therapy with new insights from their embodied investigations.

One particular experience I had with regard to support through grief had to do with a couple who, after attending classes with me for two years, suddenly and tragically lost a child. During the early weeks following the full-term stillbirth of their son, their respective families came to visit them and to lend them support. But of course the loss of this child — who was to have been the first grandchild and nephew on both sides — was felt acutely by all family members. As our movement work had been a key practice for this couple up until this point, they asked me to facilitate group sessions to which they invited their families. We conducted two sessions — one with the woman's parents, siblings, and sister-in-law, and another, a couple of weeks later, with her husband's father.

In my studio, on each of these mornings, the families received an introduction to the context of the Authentic Movement work and spent time individually sorting through a stack of postcard images that I often offer as part of the process. These postcards — evocative, sometimes iconographic photos and illustrations that include bodies in motion, landscapes, plant and animal life, and humans of a wide range of ages, races, and cultures — can serve as a means for identifying inner feeling and experience with imagery. I also use them to support my teaching of witnessing, in that each of us sees each image very differently from one another on any given day. By drawing upon this particular tool, as well as opening up the time for movement sessions in which I served as witness to all of them, each family member had an opportunity to connect in unexpected ways with the feelings accompanying their loss. They could then share these with one another through both vivid and sometimes indirect means. I particularly remember having had the sense that they were each seen — both by me and by one another — for their own experiences, and free of a need to protect one another as they may have if they had simply been invited to sit and talk. I also recall witnessing the deep care and respect the family members seemed to express toward this couple for drawing on these creative resources as they sat with the rawness of their grief.

Milagros: I am moved to hear how effectively your work supports people through their lives and how you offered this exquisite container for that family to safely stay with their vulnerability of loss; to express their sorrow and pain freely, directly, and simply.

***Milagros:** Stefanie, would also you speak about some of the limitations that you come up against in this work?*

Stefanie: The majority of the people with whom I work are highly engaged, high-functioning individuals. However, in terms of work with issues people might label as psychological disorders, such as complex responses to trauma, schizophrenia, and dissociative conditions, these — perhaps ironically — are conditions that can both be helped by the somatic work I do and are beyond its scope. When people are prone to disconnect from their experiences of their bodies, as someone might in response to rape or other violence, movement work that brings them gently back into relationship with their sensory selves can be of tremendous help. According to Colorado-based mental health professional Peter Levine, PhD, who has done quite a bit of research in this area, movement and physical action can help us to disrupt cycles and patterns of trauma that have us paralyzed in shock. When someone is in a state of profound dissociation or perhaps prone to frightening hallucinatory experiences, however, it may be more difficult to gauge the extent to which this work may be reliably and safely done. Certainly, in these contexts I would need to work in very direct and consistent collaboration with other therapists and caregivers, and I have done so a bit in the past.

"I would say something that the somatic modalities share is a deep belief in the self-authority of the people with whom they are working. The work that I do as a somatic movement educator is entirely co-created; I'm here to help people recover their own, sensual, self-authority."
— Stefanie Cohen

Milagros: Somatic work holds the body as central, and movement seems to be a powerful way of enacting change within our lives. It's a way to begin practicing a new way of being.

Stefanie: Yes. My sense is that when we move through something physically, we have already shifted. Our bodies have changed, and new possibilities, new behaviors, even new neural pathways have been created. Authentic Movement practice is based on the theory that all of what we have experienced in our lives is stored in our bodies — all of it is mapped there. If we introduce a way of being that we would like to enforce and reinforce, that's there too. The more we can cultivate that awareness, try that on, the more resourced we can be.

Again, this work is based philosophically on the sense that we *are* our bodies, no matter how much we operate from awareness of that or not. And all of our consciousness — our mind, our corporeality, our spirit — is all integrated. There are many different ways to connect with and support this. Sometimes people come to the work because they have a particular injury or illness that they've identified and, as with your clients, they might come because they want to develop more strength or range of motion. But more often than not, people want support in making decisions and consciously integrating significant life transitions such as pregnancies and new parenthood, endings or beginnings of relationships, leaving school, retirement, and losses of various kinds. They want inroads to connect with themselves as physical and creative beings.

***Milagros:** Can you say something about ways of supporting people through transitions?*

Stefanie: Most importantly, through helping them cultivate interest in what is happening. Interest can help us to tolerate experiences that we might not think that we can; it can help to reduce the tension that we're holding and see what else might contribute to the fear or discomfort that we experience.

Milagros: That reminds me of Pema Chodron's teachings. She addresses the habit human beings have of creating stories about the strong emotions we are having. She shines light on how our meaning-making usually reinforces an old and negative story, causing us more suffering. The practice is to be curious about the sensations that are present, and she talks about seeing it, tasting it, smelling it. When we stay with the sensation of the experience, the discomfort, and we are curious about it, this takes us to an open place, a place of possibility.

Stefanie: Equally, I find it important to identify our experiences of pleasure and to draw upon them as resource. When we move, we can inquire into the experiences our bodies enjoy — stretching, pushing, rocking, self-massage; a balance of effort and ease. We need to draw on quite a number of resources that we have for self-care. This allows us to have stability, to have our nervous systems be in balance. We require quite a bit more rest and integration than any of us gives ourselves, for sure. When we don't give that to ourselves, we don't function well, draining our adrenals, among other effects.

Milagros: I have a very clear sense of how empowering it is to be able to comfort and soothe myself. I've also frequently noticed how, after I do an Authentic Movement session with you, my awareness is heightened significantly, and I am able to meet my clients more fully. This is an example of how my inner resources become more available to me.

Stefanie: For me, that calls up how important it is to be able to adapt to situations as they arise, to have a kind of fluidity in how we interact. One of my teachers once said, "The reason we improvise is because we yearn to move on uneven ground."

Milagros: I am not sure that most humans are aware of that yearning for uneven ground, but I believe it. There's this life force — what some refer to as Eros — that moves within us, that longs for that. As humans, we use a great deal of energy trying to fix life so that it's familiar and predictable; we want ground under our feet. But the reality is that everything is always changing, and life is simply uncertain. We need to be adaptable as a species. We could instead use our energy to notice our yearning to be in the unknown, to stretch, evolve, and explore new territory — and we could use it to become more integrated and whole.

***Milagros:** I'd love to talk about the somatic session we recently had together. I said that I wanted to explore a specific issue rather than having a more open-ended exploration, which is what I usually do. Can you describe your approach in this case?*

> **"...We can access the body's knowledge for emotional healing by listening to the body's language of sensations. At first these sensations don't have much meaning or are little understood, but with the warmth of attention, listening, and a gentle curiosity, these largely unconscious sensations blossom into awareness."**
> **—Milagros Paredes**

Stefanie: I asked you what it was that you were feeling and how you wanted to feel. We figured out how to bring that into the present. Some of what you described you spoke of in particularly physical ways — you described specific sensations you were feeling through your legs, thighs, belly, and arms. You also used language such as *flighty*, not feeling *grounded*, and *running away*. I listened for these physical metaphors, and when I didn't hear them I asked for them. A key came for me when you started talking about feeling "wobbly." I had the sense that sitting wasn't the way to continue to explore that. As I recall, I asked, "Do you feel wobbly sitting? Would you feel wobbly lying down?" You took my suggestion to try standing.

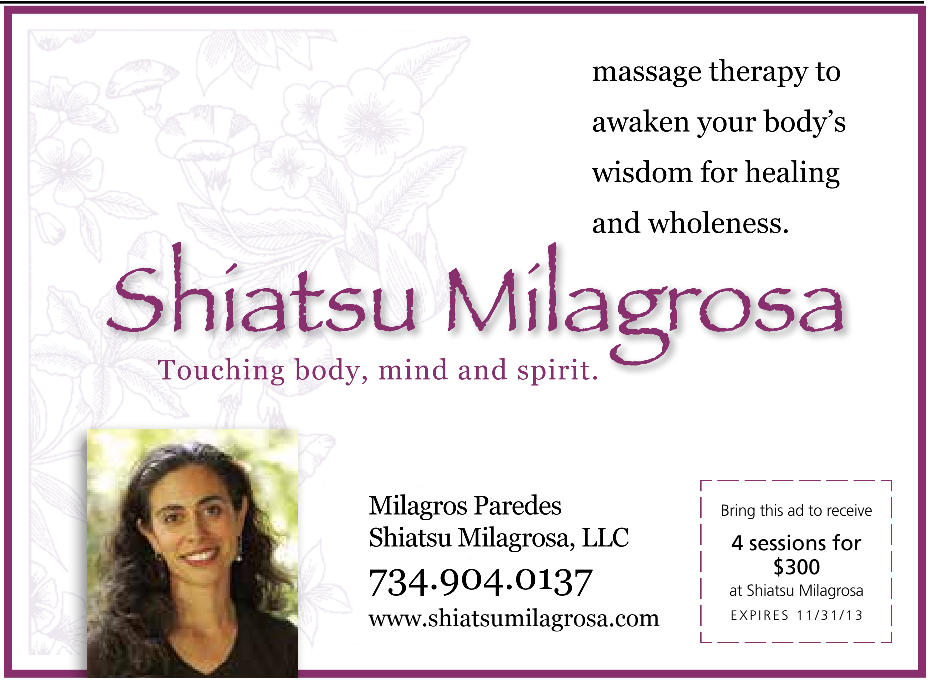
Milagros: Your facilitation today led me to identify an image — of a very tall tree. Rather than simply imitating, I found myself embodying it. This was very different for me, and it allowed me to move toward a more empowered stance in this issue.

Stefanie: You also had spoken about relationships to space and objects and others — you said, "I'm feeling clumsy. I'm bumping into things" and "I don't do that when I'm doing Contact Improvisation." I felt curious about how you might take this really rooted image into your dancing, interacting with space and objects — so you could continue to be both stable and malleable. I was also curious about how you could allow your relationship to an image to have a fluidity about it.

Milagros: Yes, I did take my embodiment of the image into the next Contact Improv jam and found that I was effortlessly able to do things I was previously unable to do, like handstands.

Stefanie: I think it can be really powerful to take an image like that — a strong, green, vibrant, rooted tree — and draw upon it when we want to feel stable or hold a different perspective. There are ways in which we can hold too tightly to ideas, however. I'm sure you can relate to that as a meditator, Milagros — the need to cultivate a willingness to step into what is happening in this moment; not defining the experience one fixed way but allowing those images to remain in our consciousness as long as they do before transforming or falling away.

Milagros: In this work it seems important to create some space around the stories that people use to make meaning of themselves and their lives.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Stefanie: One of the questions I want to hold is "What's my role when I'm working with people?" It's not my job to impose my desires and my opinions on my clients. So when I try to help someone reconsider a narrative, I want to do this really gently and humbly. In general, I would say something that the somatic modalities share is a deep belief in the self-authority of the people with whom they are working. The work that I do as a somatic movement educator is entirely co-created; I'm here to help people recover their own, sensual, self-authority.

This is a phenomenological approach, to say that our subjectivity holds tremendous value — to say, "This is *your* experience; *you* know your body; *you* live in your body; all of your experience and knowledge comes directly from your movement in the world."

Milagros: This self-authority assumption is different from what you see in other therapies, where people are experiencing sensations in their bodies and look to an expert — the therapist or practitioner — to tell them what is happening. To a significant extent, there is an abdication of their knowledge in favor of what the expert tells them. I try to ask my clients how they are feeling and what changes they are noticing. It makes sense that I have a perspective that my role, training, and skills allow for, and I can share that — but I want their own perspective to hold equal weight as well. People are conditioned to believing that they don't know — that somebody else knows them better than they do. A process for reclaiming that self-authority is important.

Stefanie: Yes. When I receive bodywork and nutritional support from you, I have a strong sense that I am actively engaged in a process of self-care rather than going to a practitioner to "be done to" — healed or repaired. I bring my knowledge and experiences within my body and pair it with the insights you bring; I feel a genuine sense of respect from you for the intricacies of my self-knowledge.

***Milagros:** As we talk about self-authority and phenomenology, here, I wonder if you make any connections between the political and social activism of your family and your work as a somatic educator?*

Stefanie: I think that I really struggled during my teen and college years and even early adulthood with feeling as though I could make a meaningful difference. Certainly, given my background, I felt an imperative to try. But my experience coming of age in the late 1980s rather than the more radical 1960s as my parents had, felt a bit less empowered to me. I felt overwhelmed and ineffectual and a bit cynical, I think. I have found as I've grown older, however, that the work that I do now does feel meaningfully political, and that it is something that I can contribute. It's just in quieter, more intimate ways.

I have the sense, though, that the ripples that extend from spending time to truly hear and see people — from facilitating others to see one another and to hold their own experiences as meaningful — are farther reaching than we can know. The degree to which we can cultivate a sense of compassion and respect for ourselves and bring this to our interactions with others has an immediate and lasting effect on the kind of environmental and interpersonal choices we make and the kinds of opportunities we make available to one another.

The majority of the work I do is with adult students and clients. But I do some work as a teaching artist through Living Arts, an arts-infused education program for children in Detroit, as well. When I work with the kids, I make sure to close each class by asking them each what

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Exploring Whole-Body Healing

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among the activities we did *felt good in their bodies.* I want them to know that their bodies contain the knowledge they need to navigate the world and that how and what they feel is worth listening to. There's so much unlearning of habits many of us must do as adults — or relearning of ways of listening to ourselves — it feels important to me to provide a voice asking these small children to pay attention and respect themselves in these ways.

Milagros: I have my own experience of what you are talking about. I went to private, Catholic convent schools from kindergarten through third grade, and these schools had a huge impact on me, shutting me up and shutting me down. It was education by rote — students hardly spoke or moved. It took until my forties to find my voice and open up to the creative force in me. It's clear to me that my early schooling shut me down at a time when I should have been encouraged to play and create. That's why I went to great lengths to make sure my son went to a school that supported his creativity and why I myself have always supported him in this way. And the movement work I am doing now has been monumental in this regard; I feel like I am finding my soul again.

Milagros: *You introduced me to Contact Improv. You have spoken about how CI and Authentic Movement complement one another. For you, I imagine that the various somatic practices you engage in can merge and become integrated. I would like to know how these somatic practices, as a whole, serve you in your life as mother, teacher, artist, lover....*

> **"Again, this work is based philosophically on the sense that we are our bodies, no matter how much we operate from awareness of that or not. And all of our consciousness — our mind, our corporeality, our spirit — is all integrated."**
>
> **—Stefanie Cohen**

Stefanie: Certainly artistically, improvisational practices have been very much at the heart of the ways in which I have made my work, however that has manifested itself — whether as writing, drawing, dance, or performance. Embodiment is at the heart of each inquiry. Using sensation as a jumping-off point, dropping myself into the center of experience, also helps me to circumvent a self-critic — to generate material that I can go back to, to shape with more intention.

Interpersonally, I receive support in training myself as a witness, to come face to face with my projections and then to be able to stand back and really listen — to take a sense of ownership of what I am bringing to a situation. As a parent, I need to remind myself of this time and time again! Something I talk about a lot when I run workshops for other health practitioners, as with students at the Naturopathic School of the Healing Arts, for example, is how to listen for what our clients are really asking of us, instead of what we think they need or want.

Milagros: *Stefanie, how did you end up here in Ann Arbor?*

Stefanie: I moved to Ann Arbor from Boston in the summer of 2000 when my former husband, George, began teaching in the Romance Language Department at the University of Michigan. He had been a professor at Boston University and I had been dancing, performing, and teaching movement in Cambridge and Boston. We came here with our then six-month old son, Shane, our three cats and knowing really very few people here in town. It was more difficult than I had expected to leave the East Coast at that time, where all of my family and community resided — especially as a new mother.

Milagros: *I know that throughout the period of your raising your children you have continued to make art and cultivate yourself as an artist. This has been an essential aspect of your work and life. From what I know of you, it seems as though you have been able to create a satisfying life for yourself here.*

> **"It's amazing to feel the energy suddenly flowing freely again in response to emotional energy being expressed."**
>
> **—Milagros Paredes**

Stefanie: Yes. Definitely. New opportunities also came with the challenges associated with moving, and I feel grateful for the support I have received. Over the last dozen years since coming here, I have met many kind and interesting people — fellow parents, friends, colleagues, students, and clients who have made Ann Arbor a warm and engaging place to live. During this time, I also traveled across the country to teach and perform; helped to found both a local and a regional community of Contact Improvisation dancers; gave birth to my daughter, Billie, in 2003; took on my studio, SOMA (Studio Of Movement Arts), above the People's Food Co-op; commuted to graduate school in New York City; separated from my ex-husband, with whom I still actively co-parent; and began a new artistic collaboration and life partnership with Corey Gearhart.

Milagros: *You and Corey have been making performance work together for the last three years. Your company has an interesting name...*

Stefanie: Yes. The work we make is interdisciplinary and devised performance — meaning collaboratively conceived and created — and includes movement, sound, text, and often video or sculptural installations. We perform this work in site-specific installation events in academic institutions and performance festivals and in alternative performance venues. Our collaborative identity is *Upended Teacups* — the name both refers to the object-based nature of the work we make as well as to the fact that we manage to spill things a lot!

Stefanie: *How did you end up here in Ann Arbor, Milagros?*

In the late '90s, while living in Toronto, I was a member at the Toronto Zen Buddhist Temple. My son's father was a member of the Ann Arbor Zen Buddhist Temple, which is sister to the Toronto temple, and he and I would attend many of the same intensive silent retreats. I ended up moving here to get married, and we had a son together. Although I had thought I was finally going to settle in one place after moving so often throughout my life, the decision to leave Canada came quite easily. Moving to Chelsea from Toronto was a radical change but, fortunately, my history of moving has made me adaptable in this way.

Stefanie: *Were you already a shiatsu practitioner when you came here?*

Milagros: I moved here shortly after I graduated from my training program.

Stefanie: *Can you say something about what keeps you here in Ann Arbor?*

Milagros: That's a good question. After my divorce, this question surfaced a lot for a period of time, which is not something I had anticipated. I have always been grateful that my move to the U.S. landed me in a place that I enjoy and feel safe in. Here I have met many extraordinary people who share my desire for conscious community and who work passionately and sincerely in their various fields of healing, art, farming, and wilderness living. When I left Toronto, I was ready to leave the big city life and explore what it might be like to live in a quieter place with easy access to rural areas and wilderness. My connection with nature and to the source of my food — to farms and farmers — were birthed here. These are at the very heart of my life now, nourishing and enriching me deeply in every way. Ann Arbor and Chelsea, where my actual home is, are small enough that I can sense the contribution I make, and this matters to me.

> **"Authentic Movement practice is based on the theory that all of what we have experienced in our lives is stored in our bodies — all of it is mapped there."**
>
> **—Stefanie Cohen**

I sometimes get homesick for the diversity I grew accustomed to in Toronto and Singapore, yet I balance that with the belonging and intimacy I experience in the various communities I am a part of. The difficulties for me are the absence of any family and the loss of security afforded me by socialized health care, especially as a self-employed single mother. What the future holds — one never knows! I have decided to remain open about where home is or will be, at least in a geographical sense.

Milagros: *Stefanie, do you find Ann Arbor to be a good place for you as a movement educator and artist?*

Stefanie: It does feel as though this is a place rich in resources for complementary and alternative therapies; many of the people I come across also seem to have an openness and interest in including practices of mindfulness in their daily lives. I have been so privileged to have been able to work steadily with one group of students for the past five years and within my own Authentic Movement peer group for more than a dozen.

I didn't necessarily make this connection before, but, interestingly, Ann Arbor has been a supportive place to expand artistically while also raising my kids. Both Corey and I had also lived in Chicago and other larger cities before moving here. He had done both his BFA and MFA in studio art and fine art-based performance art at the School of the Art Institute, and I'd made theater, dance, and performance work in Boston. In either of those metropolitan places our paths may not have crossed, or we simply may not have had the occasion to collaborate as intensively with someone outside our discipline. It may also have been much more difficult to have had access to the kind of studio space I have, which allows us the time and room to experiment.

Shane, like Joseph, is thirteen now, and Billie has just turned nine. I think that, ultimately, when they have grown and the most intensive time of co-parenting has passed, I will feel drawn to living in a more urban area again — I'm really a city girl at heart. I can imagine that the performance work that Corey and I make together may have a little more play in a bigger city and that having a larger pool of students and clients may potentially make it easier to continue to grow both my somatic and art-making practices. However, this feels like a good home base for now. Also, given our current economic climate — Michigan generally is in such an interesting (if desperate) place of reinvention, at the moment — I'm excited to see how I can participate as it develops in the next several years.

Stefanie: *Milagros, what further developments do you imagine exploring in your practice?*

Milagros: In March 2012, I graduated from the apprenticeship program of Integral Coaching Canada. One of my greatest passions is witnessing people succeed in what they love most. This method is a spectacular tool — so comprehensive and powerful for helping individuals manifest richer and fuller expressions of their potential. Facilitating this process makes me very happy. Practicing Integral Coaching® also balances me out as a human being so that I am using and developing not only my somatic/kinesthetic and intuitive skills but also my cognitive, analytical, and intellectual skills. I have the job now of reframing my practice to include Integral Coaching®. I will be creating an integrated wellness practice. I'm excited about this.

Stefanie: Thank you so much, Milagros, for starting this conversation and for helping to extend our exploration into this realm. It has felt so fruitful to me to get to articulate our practices in this way and to do so in such a collaborative manner.

Milagros: You are welcome, Stefanie. My gratitude also goes to you. In these last years I have realized my self more fully through our deep, intimate explorations of consciousness through the body; and in this conversation, we have used the fertile ground of our process to share our work and thinking with the broader community. I hope this work ripples outward to inspire and bless others.

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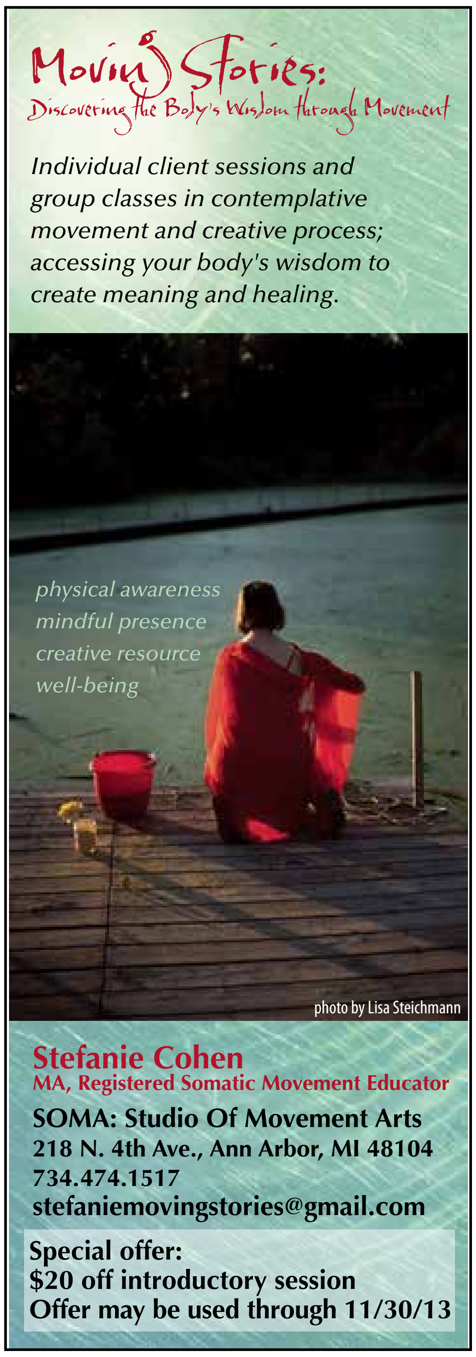

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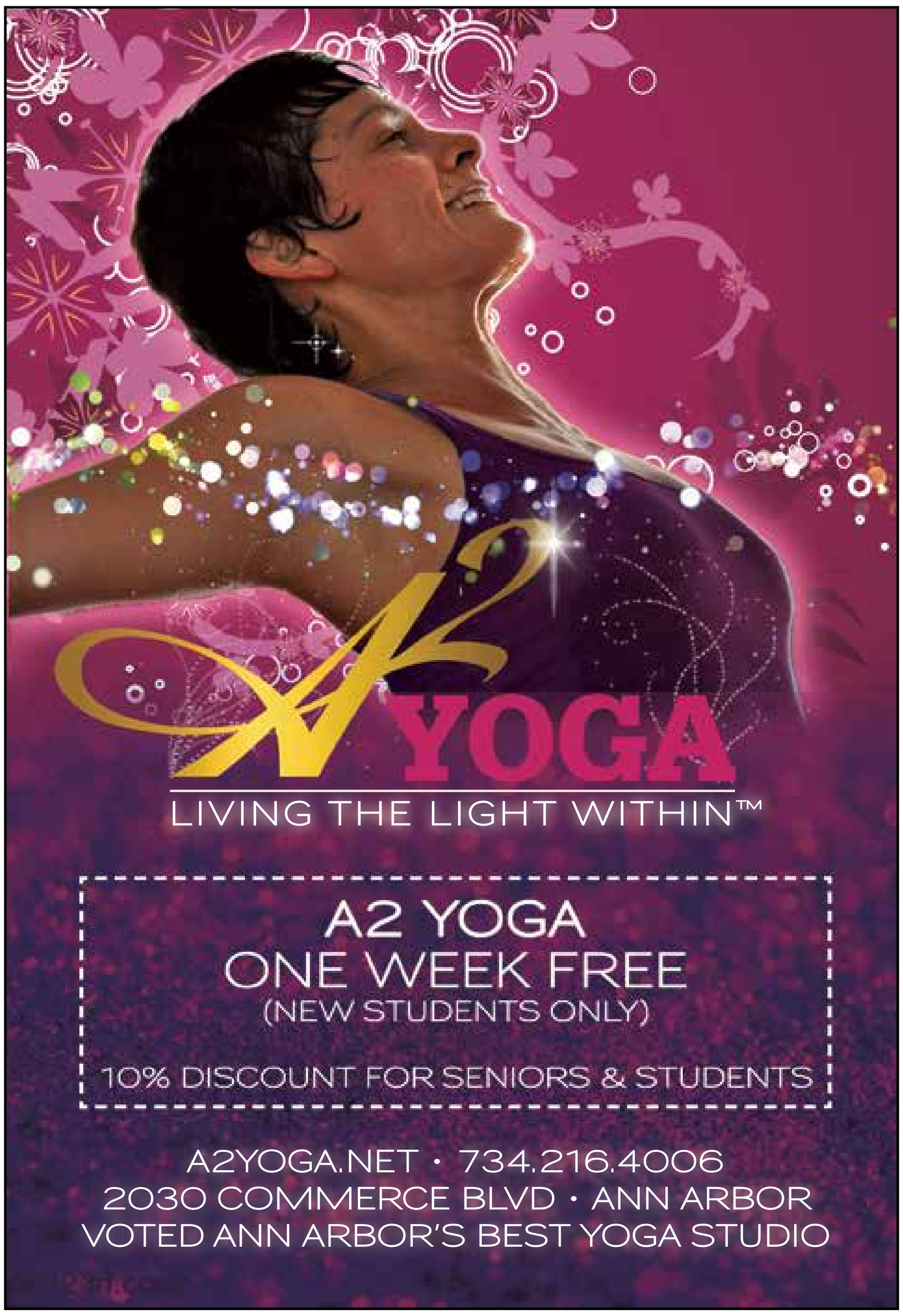

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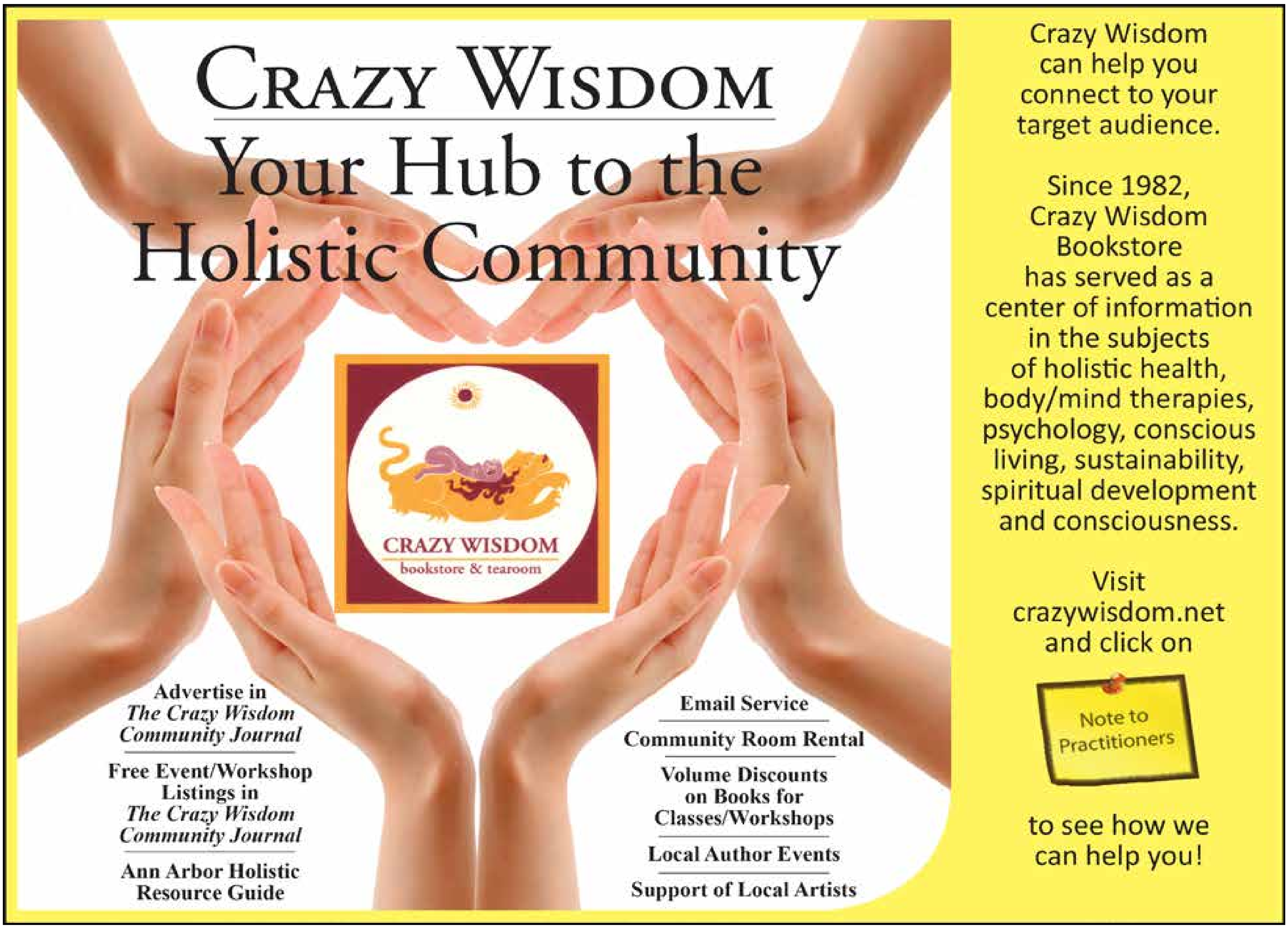

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Note to Practitioners

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Tantré Farm: Agricultural and Spiritual Bounty

By Rachel Urist
Photos by Susan Ayer

Tantré Farm is a model of sustainability and enjoys a reputation for being one big family.

Tantré Farm is a half hour's drive from Ann Arbor, in Chelsea. Richard Andres bought the 40-acre farm in 1993 and, that same year, had his produce certified organic. In 1994, he met Deb Lentz, who joined him on the farm the following year. They married in 1997. Today they have an 11-year-old daughter, Ariana, and 80 acres of produce. They raise a few pigs, cows, and chickens, and harbor anywhere between 4 and 15 interns, depending on the season. The main house, home to the Andres-Lentz family, is across the road from the cottage housing some of the interns. The rest of the interns are lodged in the dormitory that Richard built in the barn down the field. He doubled the size of the barn, creating a second-floor dormitory over the storage room where crates of potatoes are piled high. Everyone gathers for communal meals in the main house, where interns prepare most of the meals. Interns are free to come and go on their own time. If they have no place to go for, say, Thanksgiving, they know they have a place at Deb and Richard's table.

Tantré Farm is a model of sustainability and enjoys a reputation for being one big family. The farm community is composed of interns, several apprentices, and a few employees. The farm embraces the Community Supported Agriculture (CSA) model, in which subscribers pay at the onset of the growing season for a share of the anticipated harvest and receive weekly shares. The 375 Tantré Farm CSA members make up the extended farm community. If it takes a village to raise a child, Ariana is one lucky girl. The farm is always humming with people and activity, and, between interns, children of CSA families, and school friends, Ariana never lacks for playmates — or help with homework. Elaine Economou, a CSA member for over 12 years, met Deb and Richard in 2000, while organizing the Chelsea Farmers' Market. Their families have become close. She explained:

> My kids have grown up crawling on the lawn, picking berries, planting seeds in the children's garden, feeding chickens, and swinging on the rope swing. They know our food — for as much of the year as possible — comes from Tantré Farm, and even if they don't love spinach, they witness me get excited every winter when the first sweet crop comes in. Deb and Richard…have created a sense of community, environmental education, and a joyful reverence for the earth. Their kindness, generosity, and commitment are evident in all that they do.

The village quality is also evident in the eclectic assortment of play equipment behind the main house. A homespun hut, made of branches and kindling, stands beside the worn, plastic swing set and play house. The stick hut is courtesy of a farmworker (and friend) who wanted play equipment made of something other than plastic.

Continued on page 62

Ariana and new born calf

En route back to the house, he points out rhubarb, spinach, potatoes, kohlrabi, and strawberries. The rows seem endless. The sense of peace is palpable. Richard mentions the serene walks that he and others take here. This atmosphere draws the CSA members who pick up their weekly produce at the farm.

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Tantré Farm: Agricultural and Spiritual Bounty

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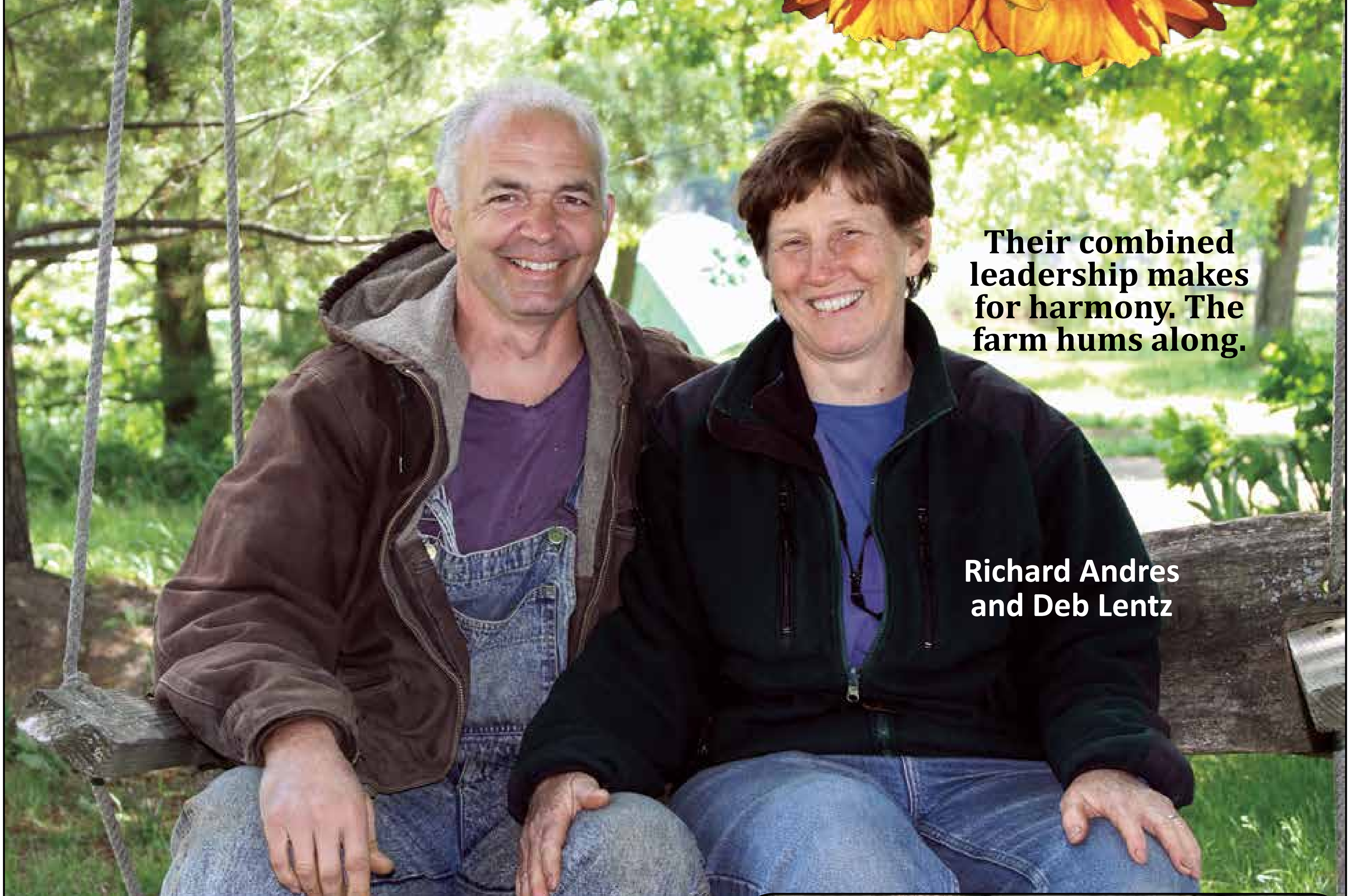


Their combined leadership makes for harmony. The farm hums along.

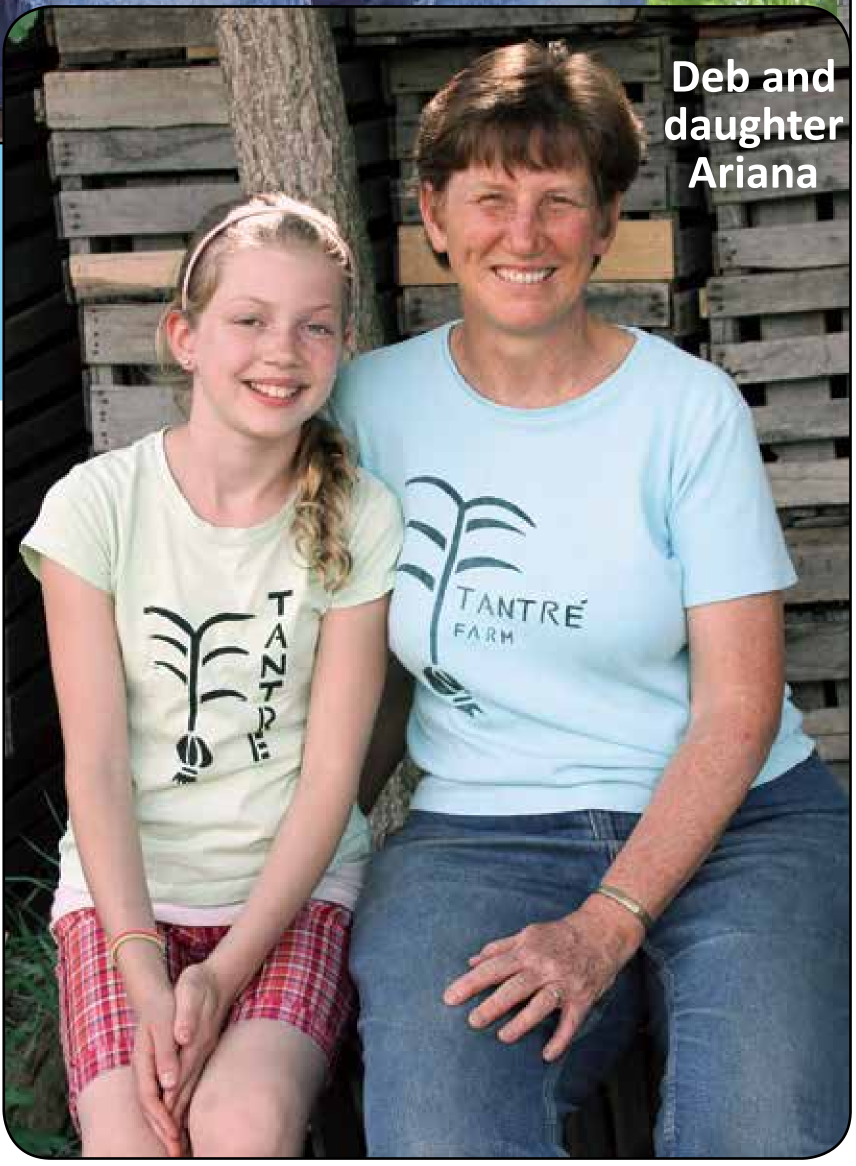
Richard Andres and Deb Lentz

Today, Richard Andres and Deb Lentz have an 11-year-old daughter, Ariana, and 80 acres of produce. They raise a few pigs, cows, and chickens, and harbor anywhere between 4 and 15 interns, depending on the season.

On my first visit to the farm, Richard gave me a tour. He points out the several fruit trees around the house, and then we follow fields of lettuce, cabbage, onions, garlic, squash, beans, beets, peppers, kale, broccoli, and more. Many of the vegetables, fruits, and herbs are represented by multiple species, with over 160 varieties overall. Our walk takes us to a large, shady grove of trees, where I find rows and rows of logs piled in "lean-to stack" configurations. They resemble tally marks — five line groups drawn to help count. These log stacks stretch out over five acres, for a total of over 10,000 logs.

The logs are drilled with holes and filled, each year, with cultured sawdust. The culture is mycelium, or mushroom spawn. The mushrooms start fruiting when weather conditions are cool, in spring and fall. Each log can grow mushrooms from three to ten years, depending on log diameter, hardness of the wood, contamination, and growing environment. Richard said he learned all this on the job. "We worked with a professor [Dan Greene] who did mushrooms, which is how the mushroom project began."

En route back to the house, he points out rhubarb, spinach, potatoes, kohlrabi, and strawberries. The rows seem endless. The sense of peace is palpable. Richard mentions the serene walks that he and others take here. This atmosphere draws the CSA members who pick up their weekly produce at the farm. Many bring their children. Other members collect their shares at other distribution sites, including the Ann Arbor and Chelsea Farmers' Markets, where the farm sells additional



Deb and daughter Ariana

routine part of Deb's life. She remembers learning about foraging from her father, and going off with him to look for mushrooms and edible plants, or exploring rock formations and little caves. Like him, she enjoyed spending time in the woods. "And my dad and I both liked poetry." As a young adult, she spent 12 summers working in a German summer camp. After earning her degree in elementary education at College of St. Benedict, in St. Joseph, Minnesota, she began teaching at a Catholic elementary school. Each summer, she spent several weeks taking groups of teens on camping trips. The teens were from the school's church. The priest was a fellow outdoorsman, and he welcomed her involvement. To this day, when asked, Deb says she's Catholic, but she acknowledges that her identification with Catholicism reflects family legacy more than current practice.

Richard has little use for organized religion, but he practices various forms of meditation, including, from time to time, getting out on his tractor at dawn to watch a sunrise. The main house is dotted with Eastern artifacts. A photo of a Buddhist master and various decorative pieces suggest a Buddhist influence. When I asked Richard where the name "Tantré" comes from, he told me that it's from a talk he attended by Thich Nhat Hanh, whose lecture included a digression involving his niece, Tantré, who enjoyed spending time with him in his monastic setting. For the record, Thich Nhat Hanh is a Vietnamese Zen Buddhist monk who studied at Princeton, published over a hundred books — 40 in English — and now enjoys a world-wide following. He coined the term "mindfulness," which now has widespread currency. He now lives in the Plum Village Monastery in the Dordogne region of France. The main religion in the Andres-Lentz household seems to be environmental awareness and activism. Even the happy clutter of the house — the colorful paintings and photographs, piles of books and paper — bespeak a joy of living in the present.

It was through Deb's brother, Kevin, that Richard met Deb. Kevin, a mechanic, made his way to Michigan years before Deb did. The second of the five Lentz children, Kevin was a curious, single-minded, and mischievous kid. "I was the middle child," said Deb. "I don't like conflict. I won't dump the flower pot — no matter how much I want to see the flower's roots. I don't want to make a mess and get into trouble." Kevin liked working on Richard's tractors, and the two became friends.

Richard grew up in Canton, Michigan, one of four children. The Andres family lived on a parcel of land big enough to plant strawberries, corn, and muskmelons. That was Richard's project, growing up. He learned to farm by working on neighboring farms. His parents' land was also spacious enough for two trailers, one for each set of grandparents, who parked themselves there and remained for 15 years. This is curious, because Richard remembers his extended family as being somewhat dysfunctional. There were stories of alcoholism and unwanted children. His grandfather, for instance, was raised by the couple that found him on their doorstep, an infant in a shoebox. Yet Richard remembers his own parents as nurturing, with a strong work ethic, and determined to shield their children from the harsh parental criticisms that marred their childhoods. As a young adult, Richard spent several years tending Asian gardens at the Ann Arbor and Toronto Zen Buddhist temples. Then he apprenticed himself to an architect, Gary Cook, an expert in the timber-frame style of carpentry.

For many years, Richard worked full-time as a carpenter. He showed me the distribution shed (for distributing CSA shares) that he built behind the house. Its dimensions are 12′ x 16′. It is made of white oak and is rot resistant. It features a second floor children's playroom. Richard used mortise and tenon joints, a practice that involves tailoring timbers by fitting a tenon (a projection) at the end of one and a mortise (a cavity) at the other. Such joints create corners of 90 degrees, and no nails are needed. His structures also feature his time-tested, timber-frame construction, using wattle and daub. This involves thick planks and exclusively natural substances, which make for sturdy, well-insulated, and ecologically sound structures.

> **"I was the middle child. I don't like conflict. I won't dump the flower pot — no matter how much I want to see the flower's roots. I don't want to make a mess and get into trouble." –Deb Lentz**

Deb, who defers to her husband on agricultural matters, is in charge of the CSA and most domestic matters. Her 16 years of elementary teaching are manifest in the farm's workings. She has brought Tantré into Michigan's Farm-to-School program, the national movement to teach kids that food comes from farms, not from supermarkets. She often brings interns with her to area schools. She particularly appreciates the opportunities to visit her daughter's school, where she helped start a garden.

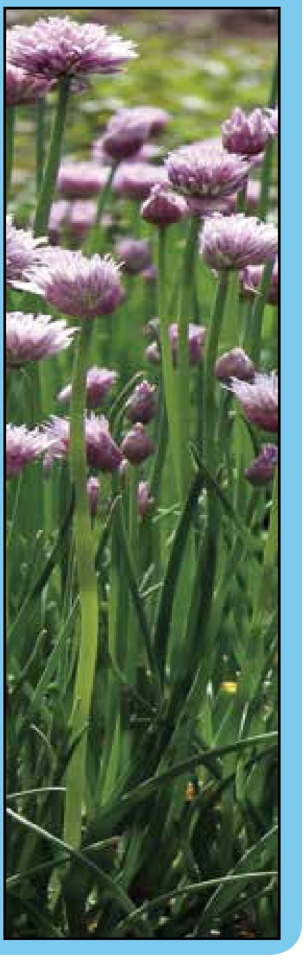
She offers children a hands-on experience through the "Agrarian Adventure" program, (www.agrarianadventure.org), where she's been a board member for the last two years and a leader for its "Farmer in the Classroom" program. She introduces herself to the children as "Farmer Deb" and her interns as "Farmer Emily" or "Farmer James." For her "Kids Project," as she calls it, she developed a lesson plan called the "Parts of the Plant." It satisfies the school system's "benchmarks," or units of required material in the district's curriculum, and it satisfies Deb's need to ensure

Continued on page 64

Fruits, Vegetables, & Mushrooms Grown on Tantré Farm

1. Arugula
2. Asparagus
3. Beans-Fava
4. Beans-Green
5. Beans-Purple
6. Beans-Christmas-Lima
7. Beans-Tongue-of-Fire
8. Beans-Yellow
9. Beets-Chioggia-(bulls-eye)
10. Beets-Cylindra-(long-root)
11. Beets-Golden
12. Beets-Red
13. Blackberries
14. Bok-Choy
15. Broccoli-Green
16. Broccoli-Purple
17. Brussels-sprouts
18. Cabbage-Green
19. Cabbage-Napa
20. Cabbage-Red
21. Cabbage-Savoy
22. Carrots
23. Cauliflower-Cheddar
24. Cauliflower-Romanesco
25. Chard-Swiss
26. Collard-Greens
27. Corn-Sweet
28. Cucumbers
29. Edible-Flowers-nasturtiums
30. Edible-Flowers-violas
31. Eggplant
32. Garlic-bulbs
33. Garlic-scapes
34. Garlic-green
35. Kale-Fizz
36. Kale-Green-Curly
37. Kale-Lacinato
38. Kale-Red-Curly
39. Kale-Red-Russian
40. Kohlrabi
41. Komatsuna
42. Lambs-Quarters
43. Leeks
44. Lettuce-Head
45. Mache-Corn
46. Melons
47. Melons-Honeydew
48. Mizuna
49. Mushrooms
50. Mushrooms-Lion's-Mane
51. Mushrooms-Oyster
52. Mushrooms-Shiitake
53. Mushrooms-Winecap
54. Nettles
55. Okra
56. Onions-Cipollini
57. Onions-Green
58. Onions-Sweet Red
59. Onions-Sweet Yellow
60. Onions-White
61. Parsnips
62. Peaches
63. Pears
64. Peas-Shelling
65. Peas-Snap
66. Peas-Snow
67. Peppers-Sweet-Green-Bell
68. Peppers-hot-(mixed)
69. Peppers-Jalapeño-(hot)
70. Peppers-Krimson-Lee-(hot)
71. Peppers-Padrón-(hot)
72. Peppers-Poblano/Ancho- (hot)
73. Peppers-Sweet-Red-(mixed)
74. Peppers-Sweet-Red-Bell
75. Peppers-Sweet-Red-Carmen
76. Peppers-Red-Italian
77. Peppers-Red-Pimento
78. Peppers-Sweet-Romanian
79. Peppers-Serrano-(hot)
80. Peppers-Shishito-(hot)
81. Potatoes-All Blue
82. Potatoes-Carola
83. Potatoes-Colorado-Rose
84. Potatoes-Desiree
85. Potatoes-Fingerling
86. Potatoes-French-Red
87. Potatoes-Kerr's-Pink
88. Potatoes-Purple-Viking
89. Potatoes-Red
90. Potatoes-Rose-Gold
91. Potatoes-Russet
92. Potatoes-Russian-Banana
93. Potatoes-Swedish-Almond
94. Potatoes-Yukon Gold
95. Pumpkins-Pie
96. Purslane
97. Radishes-Daikon
98. Radishes-Easter-Egg
99. Radishes-French-Breakfast
100. Radishes-Pink-Beauty
101. Radishes-Purple
102. Radishes-Watermelon
103. Rapini
104. Raspberries
105. Rhubarb
106. Rutabaga
107. Salad-Lettuce-Mix
108. Spicy-Greens
109. Spinach
110. Squash-flowers
111. Squash-Acorn
112. Squash-Buttercup
113. Squash-Butternut
114. Squash-Carnival
115. Squash-Delicata
116. Squash-Gray-Hubbard
117. Squash-Gray-Kabocha
118. Squash-Green-Kabocha
119. Squash-Summer
120. Squash-Sunshine-Kabocha
121. Squash-Spaghetti
122. Squash-Sweet-Dumpling
123. Squash-Tetsukabuto
124. Squash-Winter-(mixed)
125. Strawberries
126. Sweet-Potato-Greens
127. Sweet-Potatoes-Orange
128. Tatsoi
129. Tomatillos
130. Tomatillos-Pineapple
131. Tomatoes-Cherry/Grape
132. Tomatoes-Green
133. Tomatoes-Heirloom
134. Tomatoes-Sauce/Plum
135. Tomatoes-Slicing
136. Turnips-Golden
137. Turnips-Hakurei-White
138. Turnips-Scarlet-Red
139. Watermelon
140. Yukina-Savoy-Greens
141. Zucchini-Green/Yellow

Also: 20 or so types of herbs, which include Anise Hyssop, Apple Mint, Basil, Chives, Cilantro, Dill, Lemon Balm, Lovage, Oregano, Parsley, Peppermint, Rosemary, Sage, Savory, French Sorrel, Spearmint, Stevia, Tarragon, and Thyme.



Corn Harvest

By Allia Cole

The sky is heavy with clouds this morning. Shades of blue and gray swim above our heads. Rays of the early morning sunlight escape through gaps in the clouds to outline their rounded edges. Not one large cloud, but many, thick with the weight of collected water. They move with the current of the winds. The air is cool and feels refreshing on the exposed skin of my arms and legs.

We climb in the back of the farm truck and hang on to the skeleton of a metal cage. The ride to the neighboring rented land yanks us out of our morning stupor with each bump and change of gear. We pass the pigs, gray with black patches, who shuffle around their pen as they greet each other, us, and the morning light in the pig patois.

The rows of corn undulate with the rolling hills. The tops of the golden stalks ripple from the nudging wind like the surface of a lake disturbed by a passing breeze. We climb off the parked truck. S describes ripe corn: fat, domed top, firm when squeezed. When in doubt, peel open husks and look for plump kernels. I'm assigned a row and disappear into the tall stalks. The others are more familiar with what to look for, so they move more quickly through the rows. Voices are heard conversing through the vegetable forest. It's as if the corn is talking to itself in different tones, making conversation with all the parts of itself. I'm focused on the task at hand, wanting to get my first job done correctly and well.

I'm getting comfortable with my ability to tell apart the ripe corn from those that still need maturing when I hear a few *plip plops* around me. I smile at being so completely immersed in nature. My bare feet covered in the fertile soil below me, my body hugged by the stalks around me, the blanket of clouds above me. Fat droplets rain onto every part of me, my fellow harvesters, the crops we harvest, and the ground on which we walk. We are one of the earth, with Earth, and we are wet.

Midway through the row, I pull a cob from the stalk and peel open the husks to check for ripeness. I squeal and drop the corn when a grayish caterpillar about an inch long, living between the kernels and the husks, startles me. I finish harvesting my assigned row as the others reappear from other rows. There are crates and crates of corn. I manage to fill one, maybe two. The six others have been at this for months, some years, and fill two or three times that. I'm not quite a quick corn harvester, yet. There is time to improve. We load the crates onto the trucks as the rain continues, hop on the back between the crates and hang on for the rough ride.

Excerpt from *Tantré Journal,* Thursday, September 6, 2012

Tantré Farm: Agricultural and Spiritual Bounty

Continued from page 63

that each visit is an effective educational experience. She brings fresh produce from the farm, orchestrates guessing games (root vegetables and plant stems hidden in tote bags become the riddle; the children must identify the plant parts), and the kids taste the food. They are, invariably, enthusiastic. She demonstrates to them that they are using their five senses. "Each sense is a tool that scientists use," she tells them, "but we carry them around with us."

Deb also updates the farm's website, creates the monthly online newsletter, works in the fields when she can, and coordinates meal preparations. The opportunity to combine teaching with farming is one she finds gratifying.

> My goal is always education. That's my favorite part of the CSA. I like teaching interns new recipes, or how to do their laundry, or how to work the herbs, or how to harvest without hurting the plant — or us. My teaching fits the CSA model for our farm. CSA is not just about community, but educating in ways that stores cannot. Farm to School pulls me off the farm, makes me delegate things here.

According to Richard, Deb is also responsible for 90 percent of their daughter's upbringing. (Each gives the other abundant credit for their personal and professional successes.) Richard loves that Deb draws people out, that she knows how to listen, that people are drawn to her. She demonstrates this knack at our first meeting. She keeps mum, allowing Richard to be drawn out before she speaks. Richard mentions that Deb does all the writing for the Tantré Farm newsletters. Deb points out that Richard provides the material. "I just edit," she said. Their combined leadership makes for harmony. The farm hums along.

Tantré Farm's interns come from all over the U.S.A. Interns from Michigan know about Tantré through word-of-mouth. Interns from afar find Tantré through postings on the ATTRA website. (ATTRA stands for Appropriate Technology Transfer for Rural Areas.) ATTRA is devoted to sustainable farming, and its website features a quotation from Thomas Jefferson: "Cultivators of the earth are the most valuable citizens. They are the most vigorous, the most independent, the most virtuous, and they are tied to their country and wedded to its liberty and interest by the most lasting bands." ATTRA's National Sustainable Agriculture Information Service lists internships and apprenticeships across the country. In recent years, applications have soared.

"Sometimes there's so much love. Deb and Richard encourage people who are growing — in maturity, experience. Today might be difficult, but tomorrow we have to work together."
–Allia, farm intern

When I first arrange to visit the farm, I am invited to join the gang for lunch. Family and interns all gather for meals in the main house. Before we eat, I sit with Richard and Deb in a sunroom adjoining the dining room. As we talk, interns arrive with huge, steaming pots, giant bowls and platters of food — salads, lentil stews, curried string beans, and more. They make their way through the sunroom to the dining room. I marvel at the picture of health presented by these young interns filing in. Lean, fit, natural, stunning, they seemed to me the hope of the future. They are right at home, literally and figuratively, and their passing through does not impede the flow of conversation.

Over time, I gather details about some of these interns. The ones I have the privilege to interview speak of the spirit of creativity on the farm, and how Richard and Deb encourage it. Lizzie, who has an undergraduate degree in writing, said that Richard is always writing poetry — and singing poems. Lizzie founded and publishes the *Digest,* and she remains one of its regular contributors. She noted that the zine now has corporate sponsors: John Roos, a local coffee roaster, and The Brinery. The Brinery's owner, David Klingenberger, is her friend and former employer. "I loved working for David; he would pay me to write him poetry. I still write The Brinery's newsletter. David and Richard have a similar sense of humor — and similar personalities. When I came to Tantré, I felt right at home."

Allia, 31 years old, has a Master's in Women's Literature. She talks about how everyone on the farm is "fiercely independent"; that "they are all creative and expressive about their creativeness — through writing, or music." She pauses. "People here are pot stirrers. One guy felt it was his job to get people to think.

Richard has little use for organized religion, but he practices various forms of meditation, including, from time to time, getting out on his tractor at dawn to watch a sunrise.

The main religion in the Andres-Lentz household seems to be environmental awareness and activism.

He played devil's advocate. Many feel responsible to change things." She likes the communal life at Tantré. It feels, she said, like one big family. "Sometimes there's so much love. Deb and Richard encourage people who are growing — in maturity, experience. Today might be difficult, but tomorrow we have to work together."

Asked about what it's like to work for Deb and Richard, the interns seemed to agree: "We're all pretty fond of them." When I probe, I discover that some are sometimes discomfited by Richard's cryptic way of communicating, particularly when he's asked for advice. He often responds by telling a story, usually entertaining, often long. It may or may not relate to the subject at hand in any obvious way. If asked to give instructions, he may offer options. He prefers discussing procedure to dictating it. Deb, on the other hand, speaks clearly and directly. "But she tends to repeat herself," said one intern, who hastened to add that this may be because "she's trying to prevent misimpressions, or because there are always so many people coming in, or she doesn't know who's heard what, or who needs to hear things more than once." It takes patience, time, and effort to learn to work and communicate with twenty people. And, said the intern, "Some people refuse to follow directions."

The 375 Tantré Farm CSA members make up the extended farm community.

Allia, one of the older interns on the farm, grew up in northern Kentucky ("the greater Cincinnati area") and spent six years as a nanny. She and Lizzie have become good friends. Both are regular contributors to the *Digest*, and each plans to grow her own food no matter where she ends up in the future. Each also plans to devote herself to creative writing. At Tantré, Lizzie has been tapped to write some of the online newsletter's pieces. And Allia's learning curve has been traced in her writing for the *Digest*.

Creativity at Tantré is also expressed in the way the farmhands work together. Deb and Richard are open to new ideas, and interns have initiated new crops, developed sales prospects, and even altered divisions of labor. Sometimes, of course, such expressions of creativity can lead to trouble. Said Richard:

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Tantré Farm: Agricultural and Spiritual Bounty

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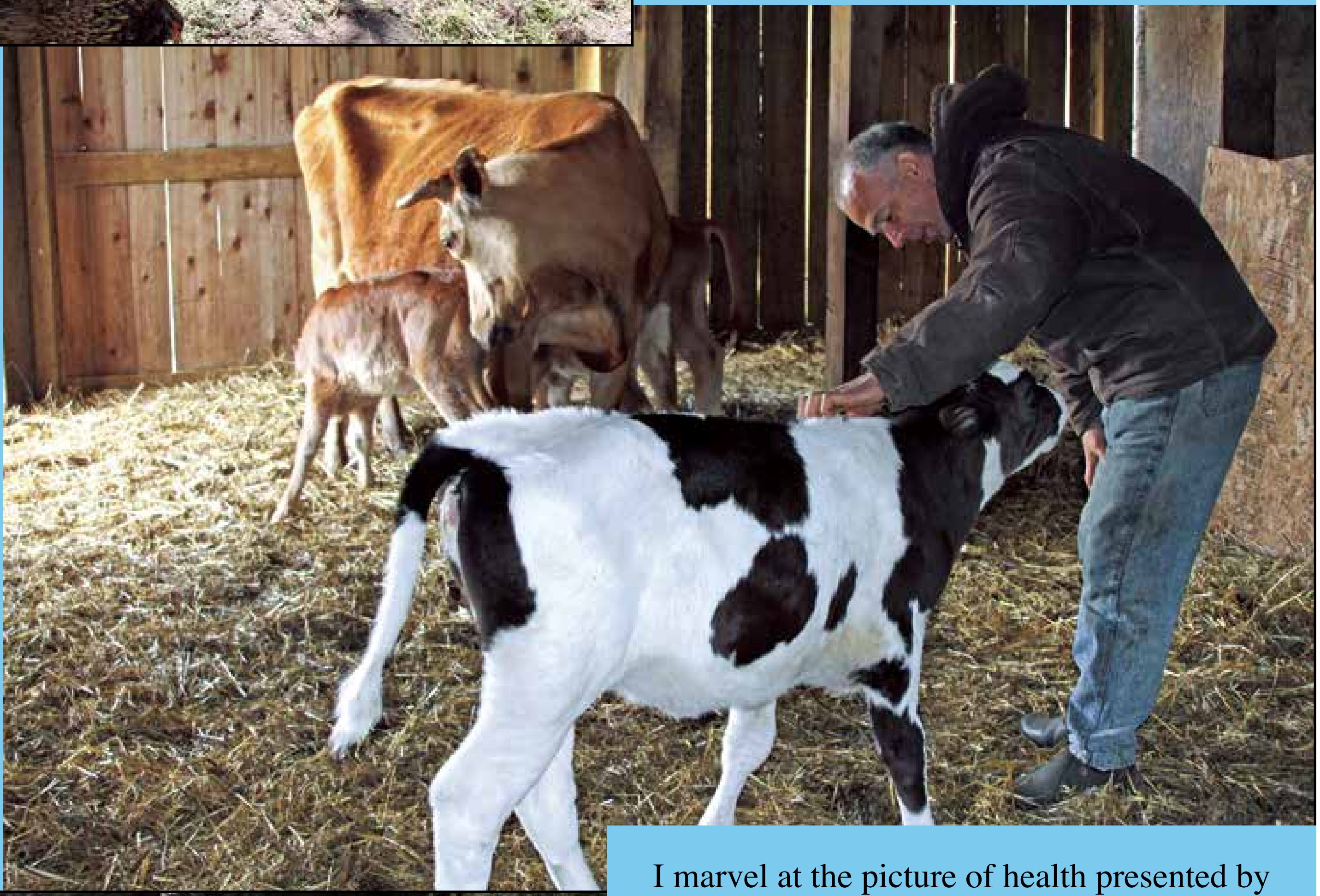
Tantré Farm, which has never received subsidies, is self-sustaining.

Tantré sells to area restaurants: Grange, Zingerman's Deli, Zingerman's Roadhouse, Pacific Rim, Jolly Pumpkin, Ravens Club, Silvio's Pizzeria, Inn Season Cafe, Darcy's Cart, and People's Food Co-op kitchen.



I marvel at the picture of health presented by these young interns filing in. Lean, fit, natural, stunning, they seemed to me the hope of the future. They are right at home…

> For us, there's a lot of autonomy. But we have a system. Within that system, people have to trouble-shoot, modify decisions. When rapport is lost — if there's too much work, or not enough time to communicate, or other stresses — then things can unravel. But it's important to step away and look at the whole season, to say, Okay, this is but one moment in a long season. Even when I'm feeling legitimately frustrated. Come back to it as matter-of-factly as possible. On the other hand, there's that balance: Who's allowed to get angry? But we have to be very careful not to demean when frustrated. It affects people psychologically to be demeaned. We try to be as nurturing as possible. That's the key.

Deb and Richard prize individual entrepreneurship within the community. When Stephanie and Taik [pronounced TY] decided to strike out on their own after their two-year internship at Tantré, they had Richard and Deb's blessing — and more. During their internship, Richard introduced them to a pig farmer down the road who taught them the rudiments of his business. They asked Richard whether they might raise chickens on the farm. He gave them permission and raw materials to get started. They built a chicken tractor to house the 50 chickens they raised that trial year at Tantré.

Stephanie explained that the chicken tractor was built using Joel Salatin's model. "Salatin" is mentioned as though it's a household name. I look him up and learn that Joel Salatin has written eight books on sustainable agriculture and lives with four generations (including his own four children) on his family's farm in the Shenandoah Valley in Virginia. A self-described "Christian, libertarian, environmentalist-capitalist-lunatic-farmer," a "steward of the earth" who "respects the design of creation," he has inspired a generation of young farmers.

26-year-old Stephanie spent two years studying at I.S.D.S.I. [International Sustainable Development Studies Institute] in Thailand before arriving at Tantré. When she returned to her family in Grand Rapids, she met Taik, three years her senior. Stephanie and Taik still spend a good deal of time at Tantré, but the couple now owns their own farm in Grass Lake, ten miles from Chelsea. Last summer, they raised 9 pigs and close to 200 chickens to start their own pig and chicken CSA business, which they called "Two Tracks Acres." Stephanie added: "Richard advised us with codes and regulations. There are lots." When learning the ropes, Richard gave them time during work and space in his greenhouse to keep the piglets warm. He also provided space for interns and the pig and chicken CSA members to learn how to make bacon and sausage, and how to butcher a chicken. A chef from Grange came out to the farm to show them how to butcher a pig. ("We slaughtered that first one ourselves.") They launched their meat CSA through Deb and Richard's largesse — through the Tantré CSA list. "They're very giving," said Stephanie about Tantré's owners.

This young couple is unusual in knowing where they're going and in the determined steps they've taken to get there. Richard remembers others who sought refuge at Tantré. "We've had young people in limbo," he said. "We've had young people struggling with drugs, mental illness including psychotic episodes, Asperger's, and simple loneliness." He added:

> We've been through everything — falling in love, breaking up, cheating in relationships. But people somehow manage to be civil to one another. People can clear their heads by being on the land. When a problem gets really big, we have so many resources in this area — friends, neighbors, professionals — we know somebody who can help make things better. There's lots of social and spiritual capital around here. We just connect the people. We have a lot of good friends.

He also has good books. He mentions behavioral psychologist Barb Coloroso, a Franciscan nun who left the order and started a family. He learned from her how to handle mistakes. Discipline should be a simple matter of cause and effect; not punishing but clarifying. "Mistakes have consequences," Richard said. From Coloroso, he learned to be matter of fact but compassionate. "Deb practices this, too."

It takes patience, time, and effort to learn to work and communicate with twenty people.

After twenty years of farming, Tantré is well established — but still evolving. Richard mentions Ari Weinsweig's *A Lapsed Anarchist's Approach to Building a Great Business*, and explained that Ari (a founder, with Paul Saginaw, of Zingerman's) studied these anarchists' writings as a graduate student. "[Ari] basically said these anarchists were not into destroying everything. They were willing to look at these systems, see how they worked, how they can be improved." Meanwhile, Tantré Farm, which has never received subsidies, is self-sustaining. The CSA helps enormously. So do local sales, particularly to large institutions. The farm's budget allows for interns to get room and board (plus experience); apprentices to get stipends (between $500-1,000 per month); and the farm's four or five employees to be salaried. Richard has become the go-to guy for both business and farming.

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Tantré's reputation has rippled nationwide. Lizzie first heard about Tantré from her friend and former boss, David Klingenberger, in Ann Arbor. He spoke of Tantré as a "magical place." Deb's way of welcoming interns to the "farmily" is now legendary. Two years ago, *The New York Times* did a feature on the farm. Closer to home, Richard Horan, the author of *Seeds,* devoted a chapter of his newest book, *Harvest: An Adventure into the Heart of America's Family Farms*, to Tantré Farm. Richard is amused by the way Horan and his daughter call each other "losers." "It's a term of endearment," Richard told me. "People should enjoy losing; if one gets riled by losing, one just makes more of a mess of things." Hearing this philosophy helps clear up an earlier conundrum. The first time I spoke with Richard, I was somewhat baffled by his use of words like "failure" and "desolation" in speaking of himself. Then I learned that in using these words, he referenced Buddhist masters, who teach that one must embrace failure; that "desolation" refers to lack of direction.

Richard remains enamored of the family farm work ethic, which ensures that every family member pitches in. While grateful for his family, he thinks wistfully about the urban influences on his daughter. Deb recognizes that Tantré's mission does not require or justify the kind of rigor required by family farms of yesteryear. She is pleased that her daughter has had "an alternative childhood...diverse...rich. You can't buy that." Deb admires her daughter's verbal facility and said, "Her interpretations are honest." At the annual CSA membership meeting each April, Deb likes to ask for testimonials. Last year, she asked Ariana if she would talk about things kids do on the farm. Ariana stepped right up. "She's kind of a shy kid," said Deb, "but she's capable of speaking to people." A new generation is primed.

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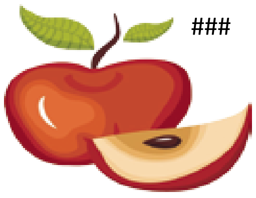

Deb and Richard prize individual entrepreneurship within the community.

ALL CREATURES GREAT AND SMALL

Reading the Labels: Identifying Pet Food Allergies and Becoming Aware of Recent Food Recalls

Crystal Eberly, DVM

By Dr. Crystal Eberly

Does my pet have a food allergy?

The cause of your pet's itchy or irritated skin may not be what you initially think. While your first thought might be fleas or seasonal aggravators, such as pollen or ragweed, you might be surprised to learn that a food allergy could actually be to blame.

Typically we divide allergies into three main categories: flea allergy, food allergy, and atopy. Atopy refers to your pet's response to allergens in the environment, which may vary from season to season. For example, in the fall we think of ragweed; in the spring we think of cottonwood. Because seasonal allergens can aggravate your pet's skin, it might be hard to determine if food allergies also exist. During the winter, we can start to cross some common allergens off the list if we are fortunate enough to have a good deep freeze. For pets that continue to itch through the true winter months and do not have a concern with fleas, we can narrow our search. Itching or redness of the skin, feet, and ears during winter months is typically caused by either an indoor inhalant allergy, such as dust mites, or by true food allergies.

The most common food allergens for dogs are corn, chicken, beef, egg, and wheat. The most common food allergens for cats are beef, egg, and fish.

I use the phrase "true food allergies" because there is a difference between food *intolerances* and food *allergies*. Food intolerances are reactions that result in vomiting or diarrhea but rarely cause an allergic response. A true food allergy is a condition where the immune system reacts to one or more components in a particular food. Food allergies are one of the most common causes of itchy skin diseases pets present and, unfortunately, medical therapies, including steroids, are not often helpful. There are also many myths and confusions regarding food allergies in both dogs and cats.

Myth: My pet cannot have a food allergy because he has been on the same food for years.
Fact: Actually, food sensitivities are more likely to develop if your pet has been on the same food for years, as the consistency in diet increases the chance of your animal reacting to one of the main ingredients, and it takes years for antigens to build up in the immune system. Most food allergy cases occur in pets five years or older who have been on the same diet for most of that time.

Myth: Food allergies are caused by the additives/chemicals in food.
Fact: The most common food allergens for dogs are corn, chicken, beef, egg, and wheat. These five ingredients account for 85% of canine food allergies. The most common food allergens for cats are beef, egg, and fish. These three ingredients account for 80% of feline food allergies. While additives can cause reactions, pets usually develop a sensitivity to one of the main ingredients, either a protein or carbohydrate.

Myth: If I think my pet has a food allergy, all I have to do is switch her/his food.
Fact: Unfortunately, most foods have a blend of some antigenic sources. Ingredient labels can be very misleading. The only true ways to properly change foods is to either use food or treats that are "predigested" (processed into very small particles) or introduce a novel source of protein and carbohydrate. A novel ingredient is one that your pet has not previously consumed on a regular basis. For instance, if your dog has been on a beef-based diet, one novel protein might be venison. If your cat has been eating a fish-based diet, you might switch to chicken. The novel diet gives the immune system a break from aggravators. Typically, I also recommend grain-free food because fillers, such as potatoes and grains, can stress a pet's immune system over time. The simpler the diet, the easier it is to determine the source of your pets food allergy.

Myth: My pet only partially improved on a novel diet, so he must not be allergic to the food.
Fact: I like to talk about allergic animals as having a threshold that we aim to stay below. Most pets with food allergy will also have atopy or flea allergy as well. Timing of a food allergy trial is very important. For example, a dog who has an inhalant allergy to ragweed would not be a good candidate for a food trial conducted in the fall. In order to determine if a response to a diet trial is real, a pet owner should select the appropriate time to do the trial. At the end of the trial, the pet should be challenged with the original diet. If itching restarts within two weeks of the challenge, the food allergy can be diagnosed.

Food allergies can be very frustrating. If you think your pet has an allergy to something in his diet, make an appointment with your veterinarian. It is extremely helpful if you record a list of foods, including brand and flavor names, and if you keep a food journal over a months' time, so your vet can review your pet's dietary history.

What should I do if my pet's food is recalled?

Recently we've had several voluntary pet food recalls due to salmonella contamination concern. It is very easy to panic when our pet's food has been recalled, so it's important to know what we should do as pet owners when this happens.

The first thing we should do is check the bag of food against the FDA's website. You can always find current, unbiased lists of recalled foods on this site. If you normally put your pet's food in a container and throw away the bag, it is recommended that before disposing of the bag, you cut out the barcode label and write down the name, variety, and expiration date to keep for your records. If you see your food listed on the recall list, stop feeding it to your pet immediately.

Next, you should seal a sample of the food in a plastic bag in case the food company or the FDA requests a sample. Sanitize any containers the food may have been in, including food and water bowls. You can ensure proper sanitization either by running items through a hot cycle in the dishwasher or by washing them with hot, soapy water and a small amount of bleach, then rinsing.

Depending on the type of recall, your food supplier or your vet's office can tell you if you need to switch to a brand that has not been recalled, or if you can simply purchase the same type of food with a sell-by date unaffected by the recall. If you have to switch your pet's food entirely, select a diet that is as close as possible to the formula you were previously using, paying attention to the protein, carbohydrate, grain content, and so on. A quality pet store should be able to assist you with several choices. It is best to keep the percentage of protein, fat, and fiber as close to the original diet as possible.

Once you've chosen a new diet, offer small meals gradually. Over the course of 24 hours, you can offer a full amount, assuming your pet has not experienced vomiting or diarrhea. If your pet refuses the new food, withhold it for eight hours, without offering treats, and try again. If after 24 hours your pet is still refusing, please call your veterinarian for help. For animals with historically sensitive stomachs, pick an easily digestible version of the new diet. We can advise you on using probiotics in conjunction with a new diet if loose stools become an issue.

It is very easy to panic when our pet's food has been recalled, so it's important to know what we should do as pet owners when this happens.

It is important to realize that not only pets can become ill with a contaminant. As owners, it's imperative that we wash our hands after every feeding to prevent human contamination. Practicing good prevention is essential too. We should handle pet food the same way we handle meat sources in our own diet. Store food in a clean, air tight container. You should clean containers with hot soapy water in between each new bag addition, and food should be stored in a cool location. Also, remember to clean your pet's water and food dishes in the dishwasher daily.

Crystal Eberly, D.V.M., has been a veterinarian for 15 years, and she's been with Washtenaw Veterinary Hospital since August 2010. For more information, contact Washtenaw Veterinary Hospital at (734) 971–5800 or visit washtenawveterinaryhospital.com.

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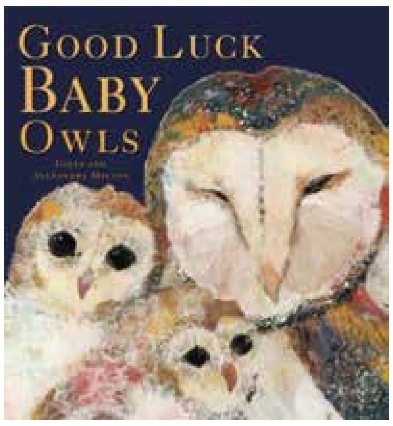
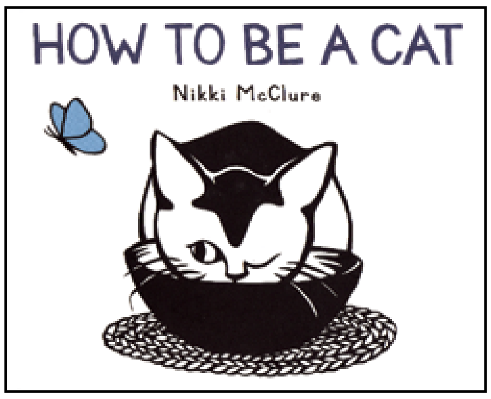
The Crazy Wisdom Kids Section

Book and Media Reviews – Great Kids Books and CDs available at Crazy Wisdom in our Children's Section

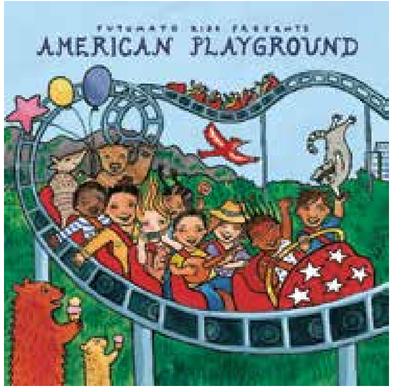
By Sarah Newland



Good Luck Baby Owls
By Giles and Alexandra Milton
For those of us who love owls, this book is irresistible. Two baby owls are anxious to learn how to fly, and their father coaches them along. Illustrated with beautiful collage paintings, this is a lyrical, sweet story for young ones up to age 7.
$16.95



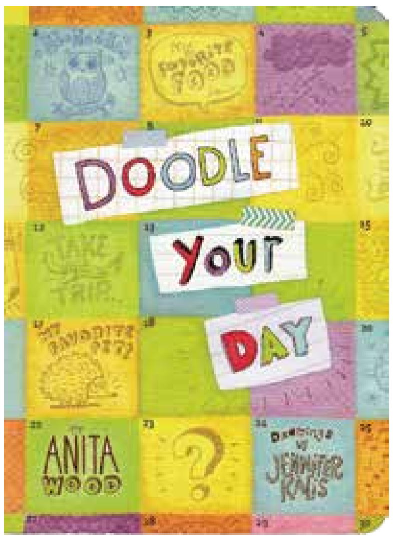
How To Be A Cat
By Nikki McClure
Our favorite papercut artist is back with her newest creations. This simple story about a cat and her kitten will delight children and adults, too. Inspired by her own cat, McClure lovingly depicts the particular grace of cats and the universal bond between parent and child.
$16.95



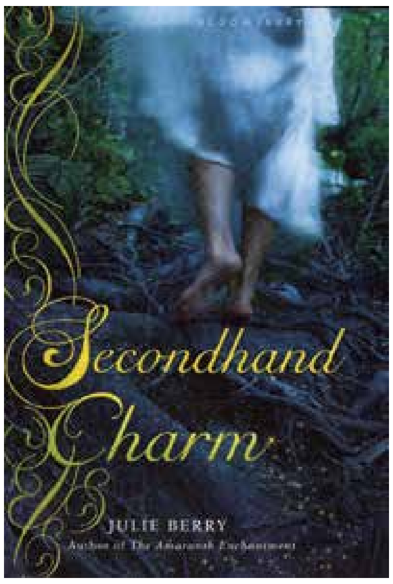
American Playground cd
By Putumayo World Music
My son and I listened to this cd yesterday… four times in a row. We were cooking dinner and playing around, and we just loved this music. American Playground highlights traditional American folk songs that you can recognize and sing along with, and we learned a few new ones, too. Very catchy and fun, especially for kids who like to sing.
$13.95

Fairies at Bedtime
Tales of Inspiration and Delight for You to Read with Your Child – to Enchant, Comfort and Enlighten
Karen Wallace
Lou Kuenzler

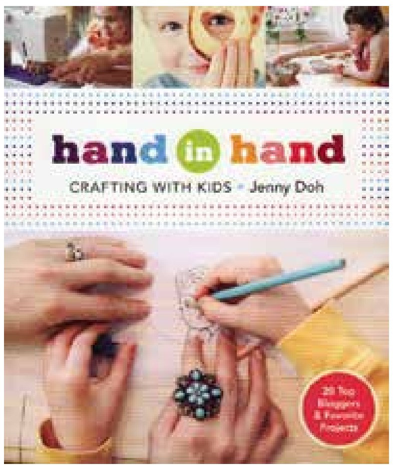
Fairies at Bedtime: Tales of Inspiration and Delight for You to Read with Your Child – to Enchant, Comfort, and Enlighten
By Karen Wallace and Lou Kuenzler
Fairies embody the beauty and power of nature and reveal themselves to children to draw attention to these qualities. The 20 stories that comprise this collection will entice your child into a deeper understanding of the environment. From sea sprites and fog fairies to tree spirits and desert jinn, there are forces at work that will help children appreciate and respect the natural world and enrich their experience.
$16.95



Doodle Your Day
By Anita Wood and Jennifer Kalis
Doodle your way through every day of the year with this fun, inspirational blank book with guided exercises. For example, Jan. 31 says Backward Day: Write a Top-Secret Message Backward. May 28 is Fun Stuff I Want to Do This Summer. July 11 is Cut Out Words from a Magazine and Write a Message to Your Future Self. This books gets you writing, drawing, and creating in small spaces each day. Great for ages 8 and up.
$16.99



Secondhand Charm
By Julie Berry
In a secluded village on the edge of a forest, a unique sort of magic is hidden. Evie is well-known for her extraordinary and unexplainable abilities. Even a gypsy's charms sparkle with power when Evie ties them around her neck. But Evie wants more than a quiet village. She longs for a life in the city – a place that seems magical itself. Perhaps most surprising about this story is Evie's incredible legacy – a magic she is only just beginning to understand. This is mystical, magical fiction for teens.
$9.99


hand in hand
Crafting with Kids • Jenny Doh
20 Top Bloggers & Favorite Projects

Hand in Hand: Crafting with Kids
By Jenny Doh
Twenty bloggers share their favorite family projects in this wonderfully photographed new book, including clever insights and imaginative crafts to encourage creativity and fun in the home. Your kids will be inspired by what they can make – and so will you. I can't wait to make the Family Banner, all of us together. Plus, each woman writes about what creating and family mean to her, which is one of my favorite parts of the book.
$19.95

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Kids in the Concert Hall: Cannibal Ushers and Other Useful Fictions

By Truly Render

Kids like music. Parents like music. Why, then, am I often the only person in the concert hall with a little one in tow? I want others to enjoy the half-smiles of fellow patrons who find themselves simultaneously charmed by your child, yet terrified that they will be seated next to them. And while I don't want kids to suck the fun out of adult outings, I do think that American society tends to be real sticklers when it comes to drawing boundaries for what is and is not "Family Time." In Spain, the kids are out until midnight soaking up culture in flamenco clubs. They have chest hair at two. They smoke cigars.

Like our European counterparts, my scrappy little family is at its best when we pick a few days a month to laugh in the face of reasonable bedtimes, get out of the house, out of our comfort zone, and into the concert hall.

> My scrappy little family is at its best when we pick a few days a month to laugh in the face of reasonable bedtimes, get out of the house, out of our comfort zone, and into the concert hall.

My husband and I are pretty culturally omnivorous, which is handy as this means we can let price dictate what we see. The University Musical Society has a program called Kids Club that sells $10 kids tickets (grades 3–12) with the purchase of a $20 adult ticket; there are also great $10 tickets in the balcony for most Hill Auditorium concerts in the season (minimum age requirement: three). The Arab American National Museum in Dearborn has a monthly program called Global Fridays where you can hear awesome world music for $10. The DIA has Friday Night Live concerts every week from 6 to 10 p.m., free with the price of admission. Then, of course, there are free gigs like Chip Tune night at Ann Arbor's Lab Cafe, the great music programming that happens at UMMA's After Hours, and of course the Ann Arbor Summer Festival's Top of the Park concerts.

Occasionally, we'll splurge real money on tickets. We took our daughter to Lollapalooza in Chicago when she was one. That outing really is one of my favorite concert-going memories, as we "discovered" a group that lives on as one of our family favorites for living room dance parties and road-trip playlists (Mexican Institute of Sound, if you're wondering). The only downside of bringing a toddler to Lollapalooza (aside from trying to fit giant adult earplugs into tiny toddler earholes) is that the whole family is susceptible to a contact buzz. Plan your snacks and picnic goods accordingly.

So how do I do it? How do I successfully bring a toddler to concerts that range from informal to formal, listening to music that ranges from electronica to chamber music and everything in between? Well, aside from an in-born knack for throwing myself blindly into potentially embarrassing situations, I have developed a few strategies to make family concert going fun. All the glamor and glory can be yours by following these easy tips:

> How do I successfully bring a toddler to concerts that range from informal to formal, listening to music that ranges from electronica to chamber music and everything in between? Well, aside from an in-born knack for throwing myself blindly into potentially embarrassing situations, I have developed a few strategies to make family concert going fun.

Family Happy Hour

Happy hour with the family will help you overlook some of the more glaring flaws of your plan, like the fact that you accidentally let your kid wear those light-up princess sneakers into the dark sanctuary of the concert hall (tap shoes are only marginally less inappropriate). Of course, any loving parent needs to be functional, safe, and attentive, but a cocktail beforehand will ensure you're all in the mood to let loose, let go, and let the evening take its own course. Tios on Liberty Street makes a mean Kiddie-Margarita that looks exactly like mommy's drink. Aside from being fun and delicious, these make for hilarious Facebook pictures that will worry your in-laws and possibly welcome Child Protective Services into your life.

Make Rules

Once the family is appropriately inebriated, take a moment to review the expectations of the concert hall. If this is a night of electronic music at Lab Cafe, make sure to tell your kid that the music will be loud, there will be lots of dancing, and that while the frozen yogurt machines are awesome, they are not levers for her imaginary spaceship like last time. If you are going to a classical music concert in Hill Auditorium, ask her some basic questions:

Mommy: Do we kick the seats at a concert or will that make the person sitting in front of us turn around and shoot laser beams out of her eyes?
Child: No! Real lasers?
Mommy: Do we scream, "I HAVE TO GO POTTY!" just as the conductor raises his baton for the orchestra to play their first piece?
Child: We go potty before!
Mommy: Do we rush on-stage and start booty dancing during *Flight of the Valkyries?*

You get the point. Set the scene, let her know what to expect, and let her know that people who don't obey the rules get eaten by the head usher.

> Set the scene, let [your kid] know what to expect, and let her know that people who don't obey the rules get eaten by the head usher.

Location, Location, Location

Having a strategy on where you sit in the concert hall is critical, especially if you're going to a classical music performance. You need a place that will allow for a stealthy exit and dancing. For concerts in Hill Auditorium, we like aisle seats in the balcony, row L. Aside from being the first letter in my daughter's name (kids love things like this), row L is toward the back of the balcony, which means that we can easily slip out of our seats and dance quietly in the rear of the auditorium. You've got to trust me on this one: If you've never grooved to Handel's *Messiah* with a toddler, you're missing out on something truly hilarious and sweet.

Set the Bar Low

My grandpa grew up outside of London during WWII, and this experience has given him a worldview that he's boiled down to the following: "Set your expectations low in life; then you get to be pleasantly surprised when things go well." I think this is a pretty rock solid theory applied to surviving a world war and concert going with a toddler. While there may be some child-shaped robots out there with the ability to sit through a five-hour performance of *Einstein on the Beach*, most of us are lucky to get away with 45 minutes of quality patron behavior before things start heading south. We accomplish this with the help of illicit stashes of snacks in Tupperware containers (do not bring things in wrappers; they are a dead giveaway that you're breaking the rules and the sound of a crinkling Skittles wrapper in a chamber music concert might make an old person jump you in the parking lot).

While your kid is likely to enjoy the first 15 to 20 minutes of a concert, after that they might want to run around in the lobby. This is totally fine, just make sure your exit is stealthy. In a classical music concert, you need to wait until a piece has finished. You may need to up the ante with candy while you wait; Dum-Dums are a universal enjoyment, and the waxy wrapper is nearly silent. Once the song has ended, slip quietly from your back aisle seat and scurry out into the lobby before the applause has died down.

Kids get a thrill from the upper-mezzanine lobby of Hill Auditorium; something about the wide open carpeted space really makes them happy. Best of all, thanks to the acoustical magic of Hill Auditorium, you can still hear the music from the lobby. Is it the same as hearing it in the hall proper? No. But remember that this section of the article is called "Set the Bar Low." If your kid seems recharged and ready to do some interpretive back-of-the-auditorium dancing, make a stealthy re-entry between pieces.

If implementing these strategies, you enjoy the concert for an hour or more: gold stars all around. Treat your little patron to a post-show hot-cocoa to reinforce the fabulousness of after-parties. But make sure to get out of the concert hall while the going is still good. As a friend of mine likes to say, "A lady leaves while she's still having fun."

Truly Render is the Press & Marketing Manager for the University Musical Society. When not at work or concerts with her daughter, you can find her getting her face splashed off in the YMCA kiddie-pool. As a working mother of one very young child, she is an expert in childrearing. Obviously. She can be contacted at trender@umich.edu.

Foundations of Love ~

An Exploration of Infant Massage and Attachment

Sierra Hillebrand

By Sierra Hillebrand
Photography by Tobi Hollander

Sixteen years ago, I gave birth to my first child — a robust baby girl, who is now a vibrant, active, and deeply insightful teenager. Like most of the new mothers I've known and worked with since then, I was both excited and terrified to face the day-to-day adventure of parenting a newborn. I needed a lot of support and affirmation, especially in developing confidence and trust in my own sensibilities as a parent. During my pregnancy, at the urging of my midwives, I enrolled in an infant massage class with Audrey Simon, a local massage therapist who specialized in bodywork for the childbearing months.

When my daughter Maura was four weeks old, I bundled her up in her snowsuit, and we headed out to our first infant massage class with Audrey. Little did I know that this would be the beginning of a wonderful experience that would profoundly shape and enhance my parenting relationship with Maura, and later, with her younger sister, Leika. Nor could I have predicted that these experiences would deeply influence my professional development as a midwife and childbirth educator, and later as a psychotherapist and as an infant massage instructor myself.

Audrey Simon

When we arrived, Audrey welcomed us into her warm and inviting space, offering me a cup of tea. I immediately felt at ease, and I settled in with the group of parents and babies who had gathered for the class. Over the next four weeks, we learned a series of massage techniques that are specifically intended for parents and other primary caregivers to use with infants and growing children. Through practicing these techniques, both in class and at home, I learned valuable tools for soothing discomforts, preventing fussy periods, and improving Maura's sleep and digestion — all very welcome skills for a new parent. Perhaps even more important, Maura and I experienced countless moments of joyful, and often playful, face-to-face interaction, in which I got to know my sweet baby in a deeper and more immediate way than ever before.

Over time, Maura grew to love her massage, and often communicated this by smiling, laughing, kicking her feet, waving her arms, or engaging in direct, eager eye contact. Occasionally, she would clearly let me know that the moment was not right for her to receive a massage; she would turn away, look away, or cry to be fed, picked up, or soothed to sleep. With practice, I learned to "read" and respect these signals, which made our massage time together all the more enjoyable.

History of Infant Massage

Infant massage is a traditional component of daily infant care in many parts of the world, and continues to be widely practiced in India, Nigeria, Bali, and parts of New Zealand, as well as other parts of Africa, Asia, and Latin America. Infant massage became popular in North America and Western Europe in the 1980s, primarily due to the work of Vimala Schneider McClure. Ms. McClure was influenced by her exposure to traditional infant massage during her work in an orphanage in India in the early 1970s. In her book *Infant Massage — Revised Edition: A Handbook for Loving Parents,* she writes, "I became aware of the importance of traditional Indian baby massage, both for its soothing effects and for its role in affectionate nonverbal communication.... It was a type of nurturing I hadn't seen in the United States" (Bantam Books, 2010).

After having her own children, and incorporating massage into her parenting, Ms. McClure developed an infant massage curriculum based on traditional Indian practices, modern Swedish massage, and yoga. In 1986 she founded the International Association of Infant Massage (IAIM), an organization that now provides infant massage education, instructor training, and research in over 30 countries throughout the world.

Benefits of Infant Massage for Infants and Parents

Infant massage offers many immediate benefits for infants and parents alike. Physiological benefits for babies include improved sleep, reduced fussiness, relief of digestive discomfort, and improved weight gain and nutrient assimilation. Babies who are massaged also appear to have improvements in circulatory, neurological, and hormonal function. For infants born prematurely and those with other special needs, infant massage used with other therapeutic protocols can enhance overall well-being and strengthen parent-child relationships impacted by children's health challenges and stress from separation during hospitalizations or other medical treatments. The benefits of infant massage for parental well-being are also considerable. First as a parent, and now as a teacher of infant massage, I have experienced and observed what has been documented by ongoing research: that parents who massage their babies show reduced stress, improved mood, and greater confidence in their ability to soothe and care for their infants.

Infant massage can offer infants and their parents opportunities to develop healthy and secure relationships through joyful, loving, and responsive communication. In "Touch Communication, the Power of Infant Massage," psychologist and infant massage instructor Elaine Fogel Schneider, PhD, CIIM, writes, "In the infant massage process, communication plays an active part. The parent talks to the infant, asks permission to start the massage, questions the infant, and facilitates dialogue. The massage process is composed of about 20 percent technique and 80 percent communication" (http://www.healthyfamily.org/cs/user/print/article/2).

Touch, Attachment, and the Senses

The types of communication and interaction facilitated by infant massage form the cornerstone of healthy attachment between parents and infants. Attachment is typically defined as a strong and lasting emotional connection, such as the relationship between a child and a loving parent, or the bonds that develop in a long-term friendship or a supportive romantic partnership. Attachment is developed primarily through sensory experience. With infants, this can take place through affirming eye contact, playful imitation of facial expressions, safe and loving touch, reassuring words, or a soothing lullabye.

Infant massage does not in itself "create" attachment; rather, it offers quality time for mutually enjoyable sensory experiences that deepen the attachment relationship already unfolding between most infants and loving parents. Experiences of secure attachment and responsive care in infancy also create a foundation for healthy relationships throughout the lifespan.

Infant Massage and Later Development

The processes and techniques developed in infant massage can be adapted for growing children, sometimes becoming a soothing tummy massage for a toddler with a stomachache or a bedtime foot rub for a school-aged child. As children grow, they also may delight in engaging their own ability to offer loving and nurturing touch — perhaps by giving a back rub to a parent.

Over the years, my own daughters have taught me time and again that what they need most from me is exactly what they needed when we sat down in Audrey's infant massage class — something that sounds like this: *Love me. Hold me close sometimes, and allow me to explore at other times. And above all, listen to me. Listen to all of me, not just my words (because sometimes I don't have words — even now).*

Sierra Hillebrand is co-founder and director
of Hygeia Center for Healing Arts, 220 N. Fifth Ave., Ann Arbor.
For more information go to www.hygeiacenter.org or call 734-769-6100.

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New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the January through April 2014 issue is October 31, 2013.

By Nieka Apell

Cobblestone Farm Market

Cobblestone Photographs by Tobi Hollander

A casual conversation between neighbors in April 2011 led to the creation of one of Ann Arbor's newest farmers' markets, the Cobblestone Farm Market. Each Tuesday from 4:00–7:00 p.m. dozens of vendors and hundreds of families enjoy the picturesque grounds of Cobblestone Farm at 2781 Packard Road. "It started out as just a farmers' market," explained Miriam Vincent, the market's volunteer coordinator and a member of the coordinating team. "We knew we really wanted a market on this side of town and this location is just so wonderful." The market opened on June 19, 2012, with over five hundred people in attendance. "It just blossomed!" said Vincent. "Then we realized we needed to expand the activities we offer and keep it going a long as possible."

The Cobblestone Farm Market now has many free activities for children and families each week, making it a destination for those not only seeking locally-produced edibles but also concerts, performers, and games.

The Cobblestone Farm Market now has many free activities for children and families each week, making it a destination for those not only seeking locally-produced edibles but also concerts, performers, and games. "We didn't initially intend to have entertainment every week," said Vincent, "but opening day was so much fun that we decided to try to keep it going." Vincent said Entertainment Coordinator Carisa Wilder usually plans two activities for each market day, often a children's activity and a concert. Recent performers included storyteller Laura Pershin Raynor and musicians Mr. Lawrence and Joe Reilly. "Most of the musicians and performers do this as volunteers," said Vincent. "Some are sponsored, but most do it as volunteers partly for the exposure, but mostly just because they are truly dedicated to this community and to sharing with families."

Each Tuesday (from 4 –7 p.m.) dozens of vendors and hundreds of families enjoy the picturesque grounds of Cobblestone Farm at 2781 Packard Road.

Some of the most special children's activities, said Vincent, are the lantern parades that will be held again this fall. Other than the year-round market in Kerrytown, the Cobblestone Farm Market is open the longest into the fall, according to Vincent. "The farmers and vendors want it to go as long as possible," she explained. "By November, it's dark by the time we close. Last year, we had children create lanterns out of cans and recycled materials and we had fabulous lantern parades around the grounds. The vendors also put lanterns on their tables. It was really beautiful!" Market volunteers are also planning a fall festival for families.

Another activity that may be offered again is a demonstration of the trebuchet owned by Cobblestone Farm. "A couple created the trebuchet to toss their bouquet after their wedding here," said Vincent. "They donated it to the farm. We used it in the fall to fling some of the children's stuffed toys. It was a safe and fun way to use the trebuchet!" Parents and kids can learn more about the unique children's events hosted by the market by visiting their events page on their website, www.cobblestonefarmmarket.com.

While the children's activities draw many to the Cobblestone Farm Market, both the historic property on which the market is held and the locally-produced edibles and crafts are increasing interest in the market. The market is held on the Cobblestone Farm property, which has heirloom gardens, a three-story oak-framed barn with farm animals, and the historic landmark Ticknor-Campbell Farmhouse. "It's been great fun to collaborate with Cobblestone Farm," said Vincent. "It feels like we are part of the 'continued history' of this historic landmark, and that makes this whole effort even more special."

> **"This is an entirely volunteer-run market!"**
>
> **–Miriam Vincent**

Vincent describes the location as a "match made in heaven." Ample, free parking is available in the Buhr Park lots just adjacent to Cobblestone Farm. The grassy lawns provide a perfect setting for families to relax and picnic and plenty of space for the approximately thirty weekly vendors who offer plant seedlings, vegetables, fruits, honey, eggs, prepared foods, and unique gifts. Prepared food offerings at recent markets included Pilar's Tamales, Hut-K Chaats Indian food, Silvio's Organic Pizza, The Mother Loaf, Simple Pleasures, and baked goods by Lydia and Her Mum. "It's a great place for families to come and picnic and enjoy free activities," said Vincent.

The Cobblestone Farm Market welcomes beginning and experienced farmers who grow food using organic practices, and local bakers, cooks, and fermenters who create foods without the use of GMOs. In addition, the market organizers ask that vendors avoid refined sugar and use whole grains whenever possible. Adults and children who make their own crafts and wares and non-profit organizations are also welcome to reserve space at the market. To keep it accessible to everyone, new vendors can exhibit once for free; after that, the cost is less than $10 per market.

> “Last year, we had children create lanterns out of cans and recycled materials and we had fabulous lantern parades around the grounds. The vendors also put lanterns on their tables. It was really beautiful!”
>
> –Miriam Vincent, who says to look for more lantern parades at the market this fall

Vincent said that thanks to the generous support of all the volunteers, performers, vendors, attendees, and the City of Ann Arbor, this market continues to flourish. On a Tuesday evening as she surveyed the scene, Vincent realized that what they have created is more than just a market. “What I saw when I looked around was a true commitment to community. All those people were there for a shared purpose and everywhere you looked, there were smiles. People were practically giddy. The thing that struck me the most was the thought that those children who were there and would continue to come will grow up feeling that having a neighborhood farmers’ market was normal. And hopefully, one day it will be.”

> The market is held on the Cobblestone Farm property, which has heirloom gardens, a three-story oak-framed barn with farm animals, and the historic landmark Ticknor-Campbell Farmhouse

> “It feels like we are part of the ‘continued history’ of this historic landmark, and that makes this whole effort even more special.”
>
> –Miriam Vincent

This year the market will continue through Thanksgiving, weather permitting, making it the only evening market open in November in Ann Arbor. To learn more about the market, including how to volunteer or to become a vendor, visit www.cobblestonefarmmarket.com or contact Miriam Vincent at (734) 929-0278 or mipevin@gmail.com.

Continued on page 76

Peaceful Dragon School

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Sept 15
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Where Do We Distribute The Crazy Wisdom Community Journal?

10,000 copies of The Crazy Wisdom Community Journal are distributed to more than 225 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola’s, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, the Ann Arbor Institute of Massage Therapy, North Campus Commons, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, Unity Church, the Lighthouse Center, Jewel Heart, Tsogyelgar, the Aprill Wellness Center, Yoga Space, Michigan Theater, Deep Spring Center, and the Weber Center. We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you’d like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Crazy Wisdom Kids in the Community

Continued from page 75

Interactive Metronome

Metronome Photographs
by Tobi Hollander

ears, 50 stories
Jewish Family Services – The Herb Amster Center
Ann Arbor Area Community Foundation

Paul Sikorski

Interactive Metronome developer James Cassily noticed that children who took piano lessons performed better in their other academic subjects and often had better behavior and self-control than students who did not take music lessons.

"Success comes with the ability to tune out distractions," explained Paul Sikorski, chief executive officer of Michigan Peak Performance. "You have to learn where the switch is in your own head to turn these distractions on and off. Once you intuitively learn where that switch is, you have access to it." Using a tool called Interactive Metronome, Sikorski's company offers students the opportunity to improve concentration and focus, which often produces improvement in math and reading skills, as well as other life skills.

Interactive Metronome (IM) was developed in the early 1990s by James Cassily, a Michigan-based music industry professional who worked as a record producer and engineer for musicians, including Bob Seger and Janis Joplin. Cassily noticed that musicians need to intuitively know precise timing and rhythm in order to be successful. According to Sikorski, Cassily also taught piano at Greenhills School and noticed that children who took piano lessons performed better in their other academic subjects and often had better behavior and self-control than students who did not take music lessons.

Coincidentally, one of Cassily's piano students had Attention Deficit Disorder (A.D.D.) and was traveling to George Washington University for instruction with Dr. Stanley Greenspan, a clinical professor of psychiatry, behavioral science, and pediatrics well known for his influential approaches to treating children with autism spectrum disorders. Cassily's student exhibited marked improvement in his ability to focus and concentrate after using the IM technologies. Greenspan was impressed by this success and became a proponent of the IM approach. He became the director of research at Interactive Metronome in 1997. The IM program was formally introduced for use by medical professionals in the treatment of disorders, including A.D.D., autism spectrum disorders, and traumatic brain injury, in 1999, with the training program for improving academic and sports performance being made available to professionals, such as Sikorski, in 2001.

"Repeated, rhythmic auditory stimulation helps to build new pathways in the brain," explained Sikorski. "The brain has plasticity, it's just a matter of accessing it."

Sikorski started Michigan Peak Performance four years ago. He received his bachelor's degree in percussion performance from Wayne State University, studying under the famed timpanist Sal Rabbio. Sikorski said that his own experience with percussion and the effect that a musical beat has on people attracted him to Interactive Metronome training. "We've known about it anecdotally forever," said Sikorski. "Think about the disco music craze that enveloped everyone, about African drummers and their dancing. It's hypnotizing." Years later scientific measurements have demonstrated that these repeated rhythms have definite effects on the brain. "Now we have documentation from major universities and neurological researchers," explained Sikorski. "It says that there's something to this beat and its ability to forge new neurological pathways in the brain."

The majority of Sikorski's IM students are children between five and fifteen. He often works with students who are struggling academically, including those who have been diagnosed with A.D.D./A.D.H.D. and those on the autism spectrum. He explained that academic tasks, such as reading, involve physical skills as well as intellectual skills, and that being able to focus on and replicate rhythms often greatly improves academic performance. "Repeated, rhythmic auditory stimulation helps to build new pathways in the brain," explained Sikorski. "The brain has plasticity, it's just a matter of accessing it." He said that the average child who completes 12 one-hour IM sessions will increase their reading fluency by approximately two years and their math fluency by approximately one year when measured on the Woodcock-Johnson test of cognitive abilities often used by educators.

Sikorski uses a computerized metronome that trains users to coordinate hand and foot movements (beginning with simple clapping) to a specific beat (54 beats per minute, or the average person's resting heart rate).

The techniques used to achieve these results may appear deceptively simple. Sikorski uses a computerized metronome that trains users to coordinate hand and foot movements (beginning with simple clapping) to a specific beat (54 beats per minute, or the average person's resting heart rate). The user wears special gloves with sensors in the palms and he or she gently claps to match the beat provided by the computer, which records how close they approximate the rhythm. The precise measuring system detects within milliseconds how close the user's clapping is to the beat they are trying to match. As the user becomes more proficient, Sikorski makes the tasks more challenging. For example, additional, distracting sounds might compete with the "cowbell" sound the user is supposed to match. "With lots of added distractions and sounds, it becomes more difficult to maintain the focus on just that cowbell sound, the rhythmic center," said Sikorski. Later, students use their feet to match the rhythm on a touch pad. The most challenging tasks involve alternating left foot/right hand and right foot/left hand. "These crossover tasks cross the midline in the brain and stimulate different pathways," explained Sikorski.

Sikorski said that some children may never be able to complete the entire 14-task sequence, but most can still benefit. "For kids on the autism spectrum or those with A.D.D., the distractions of everyday life can be overwhelming. This training may help them find a new ability to focus that will help them academically and with life in general." He said research has shown that because IM develops new pathways in the brain, most children retain the academic gains they achieve. "With typical children or children who might be described as high-functioning autistic, they don't go backwards after they complete the sessions. The brain seems to recognize superior pathways and continues to use them."

He said that many children don't initially notice a difference in their ability to focus, since "they are living in their own skin all the time and the change is gradual." After four to six sessions, though, Sikorski said that testing starts to show change and improvement. "What kids may notice is an internal calmness that they can feel. They recognize that calmness. There is so much overstimulation now. Even for a typical child, the classrooms have so much going on at one time."

> **"For kids on the autism spectrum or those with A.D.D., the distractions of everyday life can be overwhelming. This training may help them find a new ability to focus that will help them academically and with life in general."**
>
> **–Paul Sikorski, C.E.O.**
> **of Michigan Peak Performance**

Sikorski described the program as the opposite of the MTV model of constant, flashing images and changing focus. "That exists even in classrooms now with multiple activities, groups talking, colors and posters all over the place. For some children, this is simply a lot to take in. When kids learn how to tune out distractions and how to flip that switch, we see some very positive changes," he explained.

Sikorski said that this type of training can benefit nearly all children. "Children perform much better when they are able to be calm and to learn to calm themselves. This technique helps them to feel calm and in control." He said IM training is similar to other beneficial activities that promote calmness and mind-body connection, but added, "The rhythmic baseline we use seems to have a quicker effect on people than similar activities such as yoga. The kids who do the best with this program are the ones who come in with just a bit of internal fire. They want to do better than themselves and the computer feedback is able to instantly show them how they are doing. It becomes a way to compete with themselves to achieve just a little more each time. It's a very focused and direct."

> **"Children perform much better when they are able to be calm and to learn to calm themselves. This technique helps them to feel calm and in control."**

Although Sikorski said that the academic improvements seen by IM students may be difficult to achieve after age 15 or so, the program is still useful for older teens and adults for specific purposes. He works with high school and college-level athletes and has even worked with National Hockey League players who want to improve their focus. "We're trying to reach that pointy-end-of-the-spear focus," he explained. "These athletes are lifting weights, doing everything they can to achieve strength and focus. They are self-disciplined." For hockey players, he said that combining the IM training with a Bosu balance ball helps them to replicate the slippery surface of the ice and the other distractions during play. "They need to learn to think independently in the face of multiple levels of distraction," he said. In addition, individuals of any age who have survived stroke or other brain injury or who have progressive disorders, such as Parkinson's disease, may benefit from IM training. "For stroke survivors, they have noted that it can be very beneficial in helping them re-learn the alphabet, numbers," he said. "The repetitive movement helps build and enhance pathways in the brain."

Sikorski typically conducts his IM classes in his students' homes, although some may choose to meet in a doctor or counselor's office. "As long as a house is quiet and it's treated like a private music lesson, it's very easy to do this in someone's home." Sikorski occasionally offers free introductory workshops to demonstrate and explain IM training, including a recent workshop at the Ann Arbor District Library.

For more information about Interactive Metronome and Michigan Peak Performance, contact Paul Sikorski at (800) 270-9956 or psikorski@mipeakperformance.com or visit mipeakperformance.com.

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Crazy Wisdom Kids in the Community

Continued from page 77

Belightful Yoga

Lisa Ballo

Belightful Yoga is a mobile yoga studio that brings yoga classes to people's homes, schools, businesses, and community centers across southeastern Michigan.

Lisa Ballo was an executive at an advertising agency when she noticed that many of her co-workers were consistently stressed out and fatigued. Ballo managed her own stress by practicing yoga, and she brought her knowledge to her co-workers. "I received yoga training so that I could begin to teach others." What began as yoga classes for co-workers grew into a full-time career for Ballo. Now a Registered Yoga Teacher (RYT) and certified Yoga Ed Instructor with more than 20 years experience, she is the founder and owner of Belightful Yoga, a mobile yoga studio that brings yoga classes to people's homes, schools, businesses, and community centers across southeastern Michigan.

The idea for a mobile yoga studio came to Ballo during her time at the advertising agency. "I realized that while most people love and benefit from yoga, many are just too busy to commit to weekly yoga classes held in a traditional studio. Getting to classes can be difficult. Our lives are hectic and complicated," said Ballo. Belightful Yoga began in 2009 and remains an entirely mobile yoga studio. "That's the uniqueness of this program. It's convenient. We will come to you, wherever you are. People are just so busy, so stressed out. It can be very hard to make it to a class. Let us come to you!"

Belightful Yoga has 15 teachers with a wide range of yoga specialties who teach classes for people of all ages, from young children through senior citizens. For Ballo, though, teaching children is her passion: "As I began to teach, I fell in love with the children, especially children with special needs. I saw instantly how much benefit they get from yoga. Teaching children with special needs is what I love the most."

Ballo said that while all children benefit from yoga, for children with disabilities or special needs and those on the autism spectrum, yoga may enhance their lives in especially important ways. "It helps with motor skills, flexibility, and strength. It can also help children with attention deficit disorder or those on the autism spectrum with self-regulation. The repetition of poses can help the children learn routines in a fun way. It's about strengthening the connection between one's mind and body, while teaching relaxation, flexibility, and self-awareness," explained Ballo.

"As I began to teach, I fell in love with the children, especially children with special needs."

–Lisa Ballo, founder of Belightful Yoga

According to Ballo, parents of children with special needs report noticeable changes in their children after regular yoga classes led by Belightful Yoga instructors. One mother observed a significant decrease in her child's anxiety and said that medications could be reduced. Another said that her son became more relaxed and that his stuttering diminished.

Belightful Yoga's instructors are skilled at tailoring their classes specifically for children and families with different special needs or for groups supporting children with special needs. "Our teachers all have different specialties," explained Ballo. "For example, one of our teachers is a special education teacher who took specialized training in yoga therapy. All of our teachers have basic yoga training and many have more specialized training, as well."

"For our students with cerebral palsy, for example, we can work with them right in their home. For the parents, they don't need to even leave the house, to get siblings out the door. It just takes one level of stress out of a process that is aimed at reducing stress."

Belightful Yoga offers classes for the Down Syndrome Guild of Southeastern Michigan (for teens and young adults) and many of the centers in the area supporting children with autism. Belightful Yoga has also worked with a camp in Livonia for survivors of traumatic brain injury and with children with cerebral palsy. "That's one of the benefits of our mobile studio," said Ballo. "For our students with cerebral palsy, for example, we can work with them right in their home. For the parents, they don't need to even leave the house, to get siblings out the door. It just takes one level of stress out of a process that is aimed at reducing stress."

For parents of children with special needs, yoga classes can offer them time to network with other parents, time to take a break for themselves, or time to practice yoga with their children. Ballo emphasized that the word "yoga" means "union." "It's both a union of one's mind and body and a sense of community while practicing," she explained. "There's a sense of community that's created, of coming together and supporting one another. That might mean parents and kids coming together to practice together or that might mean a time for parents with similar challenges to network among themselves or just to take a needed break. It's all beneficial."

In addition to her work with children and families with special needs, Ballo and her staff work with parents, teachers, and children's organizations to create yoga programs for all ages and abilities. For example, Belightful Yoga works with many area Girl Scout troops, sometimes helping the Scouts earn their patches or complete a Journey. "We can provide one class or a series of classes in a large basement, a school, a church, even outside!" In some cases, the parents will choose to enjoy adult time while the Scouts practice yoga; other times they join in alongside their children. "Sometimes, troop leaders like it so much that they have asked us to create a mother/daughter series of classes for them. We've also done just moms' groups while the children are doing their own class."

Although Ballo said that a series of classes is more beneficial than just one class, even one class can provide benefits to children. “Parents find that we can teach tools that can be very helpful during stressful times at home,” said Ballo. “For example, if a child is having anxiety, the parent can pause and the parent and child can take a few rainbow breaths together. Even in one session, we can give kids and parents some tools that help everyone calm down.”

Schools also work with Ballo to address specific concerns or issues. “Sometimes parents and schools will call us with a concern like bullying and we can work with them to create a class that gives kids strategies,” said Ballo. “As long as we have a place to hold the class, like a school room, we are happy to make it happen. That’s a great benefit of our mobile studio.” Ballo said that after school classes might include skills such as, “breathing exercises, visualizations, guided imagery, very fun, playful activities for children. We can also help the children work together on partner poses and help them do affirmations, repeating words like ‘I am balanced. I am strong.’ These classes help them feel strong and confident, especially if they are dealing with bullying situations.”

Teachers and administrators who have worked with Belightful Yoga have found it to be a positive experience for their students. Chris Schoenherr, Head of School at Four Corners Montessori School in Madison Heights, found that offering yoga for his students, “builds self esteem and supports physical wellbeing by focusing on breathing, visualization, yoga poses, and games.”

In addition to working with children, the Belightful Yoga mobile studio also conducts classes in senior citizens’ facilities for older adults and an on-going yoga series for corporate clients, including DTE Energy in Ann Arbor.

> **“As long as we have a place to hold the class, like a school room, we are happy to make it happen. That’s a great benefit of our mobile studio.”**
>
> **–Lisa Ballo**

The uniqueness of the Belightful Yoga program, said Ballo, is that it comes to the student and is tailored to each student’s needs. “Let us come out to you. No matter where you are. No matter your age, your ability. This is for everybody and for every body. It’s also about learning acceptance, especially for children with special needs or for seniors. It’s about celebrating the gifts they have, which can be especially important for someone with a disability,” Ballo explained. “It’s about empowerment, feeling strong, and focusing on what they can do.”

For more information about Belightful Yoga or to discuss creating a class, email info@belightfulyoga, call (248) 761-6815, or visit www.belightfulyoga.com.

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Mindful Parenting
Good Eating Habits
the Healthy Household
Integrative Medical Care for Kids
Yoga and Kids
Dads and Babies
Mothers and Daughters
Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

The Crazy Wisdom Community Journal

Events Calendar for Kids September through December 2013

Crazy Wisdom Kids

Halloween Fairy Tea at Crazy Wisdom Tea Room • Oct. 24, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Be spooky! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

Fairy Tea at Crazy Wisdom Tea Room • Dec. 5, 4 p.m. seating • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

Fuzzy Caterpillar Nature Class for Little Ones Ages 3-6 with Rowena Conahan and Chuck Barbieri • Sept. 6-Nov. 22: Fridays, 9:30-Noon • Join us for weekly explorations of nature, storytelling, playing games, experiencing camp life, and doing crafts! Parents welcome to attend. $215. Call Rowena at 531-8330; aanatureschool@gmail.com or nature-class.org.

Coyote Nature Explorers for Ages 7-12 with Rowena Conahan • Class meets most Mondays, September 9-December 16; 9 a.m.-1 p.m. • We gather weekly to experience community in camp life through the seasons. Each session includes storytelling, crafts, learning about safety in wild spaces, study of local plants and animals, primitive skills, games, and activities to stretch sensory awareness, and lunch together around the campfire. Our classroom is the forest, and sessions will take place out of doors and in a primitive shelter, with some field trips. $331 for Sept. 9-Dec. 16, with scholarships available. Call 531-8330; aanatureschool@gmail.com or nature-class.org.

Nature Walks for Children with Junko Meschievitz • One morning per week • We will spend time exploring outside in a play-based environment. $20 per class per week. For details, call Chuck at 686-2834; pippibarbieri@gmail.com.

Kids in the Kitchen: Ages 10-13 with Judy Sauer • Sept. 15-Dec. 8: Sundays, 3-5 p.m. (except Dec. 1) • The best way to get kids to eat healthy is to get them in the kitchen! Participants will gain a wealth of knowledge about healthy eating, prepare recipes in the kitchen, and build connections with their peers. Topics include school lunches, gluten-free baking, smoothies, having a healthy Halloween, and more. Food allergies and restrictions will be taken into account in each session. $20 per class or $15 per class with four or more classes. Call 761-8193; judy@jdsfoodsolutions.com.

Saline Community Fair • Aug. 27-Sept. 2 • Fun for all ages, including animals, rides, and special events throughout the week. For more information, visit salinefair.org.

Grasping the Sparrow's Tail: Tai Chi for Ages 11-14 with Wasentha Young • Sept. 10-Dec. 10: Tuesdays, 4:30-5:30 p.m. • Good for balance, coordination, and concentration, learning Tai Chi will open the door for teens to understand body/mind mechanics. Teens will also learn how to set healthy physical boundaries non-aggressively through Tai Chi's safe, interactive exercise called Push Hands. $125. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Anti-Bullying Workshop with Quest Martial Arts • Oct. 19, 1-2:30 p.m. • This is a free community resource workshop about bullying. If you or someone you know is having a difficult time as the school year starts, come in and learn all about bullying: why it happens, who gets targeted, and how to make it stop! Free. Call Clayton at 332-1800; questcenter@sbcglobal.net or quest-martialarts.com.

Halloween Party with Quest Martial Arts • Oct. 26, 3-5 p.m. • Bring a costume and have tons of fun playing games and activities. We will have cider and doughnuts. $20. Call Clayton at 332-1800; questcenter@sbcglobal.net or quest-martialarts.com.

Trunk or Treat with Quest Martial Arts • Oct. 26, 5-6 p.m. • Come in costume and go from car to car! Free for the whole family. Call Clayton at 332-1800; questcenter@sbcglobal.net or quest-martialarts.com.

Boo at the Zoo with Great Lakes Zoological Society • Oct. 26, 1-5 p.m. • This is a fun Halloween event for all ages. There will be a costume parade, pumpkin and face painting, a haunted trail, trick or treating, and more! $7 adults, $5 kids and seniors. Call Sara at 332-1628; saramccune@glzszoo.org or glzszoo.org.

Tattum FAST Reading Program with Susan Major • Tuesdays, 7 p.m. • This is a presentation of the Tattum FAST Reading Program that is designed for struggling and dyslexic readers of all ages. Free. Call 996-0702; samajor@comcast.net or majortutoring.com.

Programs with Leslie Science and Nature Center • Call 997-1553; info@lesliesnc.org or lesliesnc.org.
Tiny Tots: Summer Safari for Ages 1-3 • Sept. 9, 10-11:30 a.m. • Enjoy the last days of summer while exploring the many animals who make their homes at LSNC and Black Pond Woods! Caregiver required. $7 per child.
Back to School Picnic • Sept. 21, 11 a.m.-1 p.m. • Savor the last days of summer with a relaxing picnic. Bring your blanket and lunch and enjoy guided hikes, field games, critter house, resident raptors, and live music from Gemini! $6 per family/friends.
Tiny Tots: Under the Water for Ages 1-3 • Sept. 23, 10-11:30 a.m. • Find out about the plants and animals that live in the water. Caregiver required. $7 per child.
Worm Tales for Ages 1-5 • Sept. 28, 10-11 a.m. • Enjoy a story, nature-themed activities, live animal visits, games, and outdoor explorations. Caregiver required. $3 per child.
Tiny Tots: Fall for Fall for Ages 1-3 • Oct. 7, 10-11:30 a.m. • Look for signs of autumn as the land and its creatures prepare for the long winter. Caregiver required. $7 per child.
Tree Tales for Ages 1-5 • Oct. 19, 10-11 a.m. • Enjoy a story, nature-themed activities, animal visits, games, and outdoor explorations. Caregiver required. $3 per child.
Animal Haunts • Oct. 26, 5-6:30 p.m. for families with children 5 and under; 7-9 p.m. for all ages • Take a guided hike through Black Pond Woods, where costumed interpreters bring plants, animals, and other natural objects to life through natural history and stories. We'll have festive fun with harvest games and crafts, pumpkins, face painting, and a hay jump. Don't forget to dress up! $10 each or $35 per family.
Tiny Tots: Sense-ational! for Ages 1-3 • Nov. 4, 10-11:30 a.m. • Did you hear that? Did you smell something? We'll engage our five senses in different activities, including a sensory hike. Caregiver required. $7 per child.
Outdoors Camp for Grades K-5 • Nov. 5, 8:30 a.m.-5 p.m. • When schools are closed, discover the great outdoors. Explore the forest, fields, and ponds, or slide down a snowy slope. $65 includes lunch.
Snow Tales for Ages 1-5 • Nov. 23, 10-11 a.m. • Enjoy a story, nature-themed activities, animal visits, games, and outdoor explorations. Caregiver required. $3 per child.
Tiny Tots: Creatures of the Night for Ages 1-3 • Dec. 9, 10-11:30 a.m. • When the sun goes down and the moon comes up, the nighttime animals get busy. With the lights on, we'll explore nocturnal animals and their activities. Caregiver required. $7 per child.
Winter Break Camp for Grades K-5 • Dec. 30-31 and Jan. 2-3, 8:30 a.m.-3:30 p.m. • Bundle up and enjoy the magical world of winter. There's so much to explore as we take hikes, play games, make observations, and perform experiments. $225 for four days.

Dancing Babies with Gari Stein at Ann Arbor District Library • Oct. 5 and Dec. 7, 10-10:40 a.m. • Sing and dance along based in the richness of traditional folk music for infants to age 5 and the grown-ups who love them. Nurture development and enjoy simple activities to do together at home. Share hugs, laughter, and more. Free. Call 741-1510; garistein@aol.com or little-folks-music.com.

Sing With Me with Gari Stein • Sept. 10-Dec. 11: Tuesdays or Wednesdays, 9:30 or 10:45 a.m. • Research based program presented in the richness of traditional folk music and Mother Goose that nurtures development, learning, literacy, the family bond, and provides parenting resources and snack and chat. Bounce, chant, do fingerplays, folk dance, dance with ribbons and scarves, and instrument exploration. $199 for 14 wks includes four cds with financial assistance available. Call Gari at 741-1510; garistein@aol.com or little-folks-music.com.

Dance With Me with Gari Stein • Wednesdays • A unique program for three months to pre-walkers. Nurture your bond and baby's development. We will gently explore dance, music, movement, and Mother Goose. Time after class to chat and share resources. $160 for 14 wks includes two cds with financial assistance available. For times, call Gari at 741-1510; garistein@aol.com or little-folks-music.com.

Crazy Wisdom Kids

KinderConcert: Music and Motion with Ann Arbor Symphony, Gari Stein, and Kathryn Goodson • Sept. 20 and 23, 9:30 and 10:30 a.m.; Sept. 21, 10:00 a.m. • This classical concert, featuring Dan Graser and the saxophone, is for children ages 2-6 to listen, watch, dance with leaves and scarves, enjoy a sound story, and participate in a library setting. Free. Call Gari at 741-1510; garistein@aol.com, little-folks-music.com or a2so.com.

University Lowbrow Astronomers • Sept. 7 starting at sunset at Peach Mountain Observatory • A chance to join local astronomy buffs for a look at the sky through instruments. Participants encouraged to bring your own telescopes. Free. Call 332-9132.

Identifying Summer Wildflowers: Stewardship Network/Legacy Land Conservancy • Sept. 8, 1-3 p.m. in Pinckney • Naturalist Catherine Marquardt leads a walk through a wet meadow to identify native fall wildflowers. Wear sturdy shoes and bring a water bottle. $15. Call 996-3190.

Tellabration Family Storytelling Concert • Nov. 17, 2 p.m. • This Ann Arbor Storytellers' Guild presents a concert for ages 4 and older. Free. Call 662-3770; lauragami@provide.net or annarborstorytelling.org.

After School Wilderness Skills Series with Frank Levey • Sept. 18-Oct. 24: Six Wednesdays or Six Thursdays, 4-6 p.m. with an Overnight on Oct. 25 • These classes will focus on basic wilderness living skills, from primitive to modern, as well as knife work and fall wild plant harvest. $175. Call 657-8742; frank@awakened-breath.com or awakened-breath.com.

Parent-to-Parent Support at Center for Childbearing Year • Wednesdays, 10-11:30 a.m. • Informal, free, drop-in group for moms, dads, partners, babies, and toddlers. Discussion topics and play time each week. All welcome. Free. Call 663-1523; center4cby.com.

Breastfeeding Cafe at Center for Childbearing Year • Fridays, 10-11:30 a.m. • Informal, free, drop-in groups meets weekly. Breastfeeding moms and babies welcome. Free. Call 975-6534; center4cby.com.

Natural Family Fair with Green Apple Garden Playschool • Oct. 5, 9 a.m.-Noon • Bringing together the Natural Family Living resources in Ann Arbor to network and build community. Come learn about what resources are available and enjoy children's activities and entertainment by Green Apple Garden Playschool. Free. Call Katie at 369-8248; greenapplegarden@appleplayschools.org or appleplayschools.org.

Apple Festival with Green Apple Garden Playschool • Oct. 5, 11 a.m.-2 p.m. • Fun for all ages at our celebration of all things Fall, but especially apples! Come enjoy making homemade apple goodies to eat, apple crafts, face painting, apple games, music, and more. Free. Call Katie at 369-8248; greenapplegarden@appleplayschools.org or appleplayschools.org.

Festival de Otono with Manzanitas Spanish Immersion Playschool • Nov. 9, 1-4 p.m. • Join us for a Saturday of fun activities, songs, and stories! We will be doing fall crafts, singing songs around the campfire, and roasting treats, too. Free. Call Cheryl at 369-6563; manzanitas@appleplayschools.org or appleplayschools.org.

Bilingual Spanish Playgroup and Storytime with Manzanitas Spanish Immersion Playschool • Sept. 7, Oct. 5, Nov. 2, Dec. 7; 10:30 a.m.-12:30 p.m. • Spanish storytime, songs, and fingerplays for children of all ages. Parents must attend, and siblings are welcome! Free with $2 suggested donation. Call Cheryl at 369-6563; manzanitas@appleplayschools.org or appleplayschools.org.

Super Saturday Storytime at Ypsilanti Library • Saturdays, 10:30 a.m. • Stories, songs, and a simple craft for pre-schoolers to older children. Free. Call 482-4110; ypsilibrary.org.

Children's Storytime at Nicola's Books • Saturdays, 11 a.m. • Stories for children ages seven and under. Free. Contact 662-0600; nicolasbooks.com.

Events at the University of Michigan Museum of Natural History • For more information, visit lsa.umich.edu/ummnh.
Dinosaur Tours • Every Saturday and Sunday, 2 p.m. • Free for the first 15 participants that arrive.
ID Day • Oct. 6 • Bring in your own artifacts for identification by experts.
Space Discovery Day • Dec. 7 • Join us for our twice yearly Discover Days and participate in hands-on activities, special guests, demonstrations, and craft activities.

Plays for the Family by Wild Swan Theater • For more information, call 995-0530; wildswantheater.org.
Ugly Duckling for PreK-2 • Oct. 17-19
The Firebird for K-5 • Nov. 21-24

Improving Birth Fair • Sept. 1, 10 a.m.-2 p.m. • Come learn how to have a memorable and happy birth experience and discover what birth options are available to you in our community. Visit with area doulas, midwives, and educators. There's all be face painting and balloon animals for the kids. Free. Contact rallytoimprovebirth.com.

Homebirth Circles with Center for the Childbearing Year • Mondays, 7:30-8:30 p.m. • This is a social gathering and discussion group for families who are considering homebirth, planning a homebirth or have birthed at home. Meet the midwives from 6:30-7:30 p.m. Free. Call 424-0220; newmoonmidwifery.com.

Mama Circle at Indigo Forest • Thursdays, 9:30-11 a.m. • Mothers and mothers-to-be gather to laugh, talk, and cry on their journey through motherhood. In this safe place, discuss topics of interest, create long-lasting friendships, and build community. Young children are welcome as you care for them while you attend. Free. Call 994-8010; visitindigo.com.

Karlta Zarley, RN, CHTP
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- Healing Touch Energy Work
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Karlta Zarley, RN, CHTP
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Ann Arbor, MI 48103
(734) 433-9333
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Step into Who You Really Are

Kid Support, Teen Time, and Parenting with Cancer • Sept. 18-Oct. 23: Wednesdays, 5:30-7:30 p.m. • Presented by the Cancer Support Community, this six-week program is for families affected by cancer. Intended for ages 4-18, divided by age, with parent support groups also available. Dinner is provided. Free. Call 975-2500; bonnie@cancersupportannarbor.org or cancersupportannarbor.org.

The Superhero 5K Fundraiser for the Girls on the Run Program • Nov. 2 • Girls on the Run is a non-profit organization that envisions a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams! Our ten-week program for girls in 3-8th grade combines training for a 5K with a curriculum promoting competence, confidence, connection, character, caring, and contribution. Twice-weekly lessons and interactive activities are led by trained volunteer coaches who create a positive and safe environment for the girls to learn about themselves, connect with others, and contribute to the community. The program culminates in a non-competitive 5K event that gives the girls a chance to shine and an overwhelming sense of accomplishment. For more information, call 712-5640; info@girlsontherunsemi.org.

Confidence Camp with Girls on the Run • Sept. 7 • Join us for a full day of self-esteem enhancing lessons, physical activities, crafts, and inspiration! For more information, call 712-5640; info@girlsontherunsemi.org.

Henry Ford's 150th Birthday at Henry Ford Museum • Till December • Celebrate with a variety of activities. $17 adults, $12.50 ages 5-12 or free for ages 4 and under. Call 313-982-6001; thehenryford.org.

Tinker, Hack, Invent at Henry Ford Museum • Last Saturday of each month through Dec. 28 • The Henry Ford celebrates innovation with hands-on activities, workshops, and presentations. $12.50-$17. Call 313-982-6001; thehenryford.org.

Chelsea District Library Ongoing Events • Free, with pre-registration requested. Call 475-8732.
Babytime • Tuesdays, 10:30-11:15 a.m. • Staff presents a program of songs, stories, and rhymes for kids under age 2, accompanied by a caregiver.
Spring Storytime • Wednesdays, 10:30-11:15 a.m. • Librarians present a program of stories, songs, fingerplays, and craft activities for kids ages 2-6, accompanied by a caregiver.
Dungeons & Dragons • Tuesdays and Thursdays, 4:30 p.m. • All teens and adults invited to play this popular role-playing game.

Dexter District Library Ongoing Events • Free with pre-registration requested. Call 426-4477.
Spring Storytimes for Toddlers: Mondays, Wednesdays, Thursdays; 10:30 a.m. • For ages 18 months-3 years.
Storytimes for Preschool: Mondays, Thursdays; 11:30 a.m. and Tuesdays, 1 p.m. • For ages 3-5.

Master
Wasentha Young

Peaceful
Dragon
School

September 10
Ongoing Classes in Tai Chi and Qigong begin

Sept 15
Late Summer Spirit
Acupuncturist Abby Humphrey and Master Wasentha Young speak on the constitutional qualities of late summer and how to harmonize with the season through energy work.

Oct 10
Nurturing Touch for Couples
4 Sessions—supporting new ways to listen, connect and sense your partner.

Nov 14
Self Care Practice
4 Sessions—Learn techniques that promote healthier muscles and joints and reduces muscle tension.

www.PeacefulDragonSchool.com

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• Send out a listing of your upcoming classes, workshops, and events• This is a great way to reach the more than 3000+ people who currently subscribe to our Email Subscriber List

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If you missed getting your listing into the current issue of The Crazy Wisdom Journal, our email service is an excellent way to still reach many people who might be interested in what you're offering!

Email Service ads must be mail-ready and emailed to Carol.
For more information contact Carol at carol@crazywisdom.net

Crazy Wisdom Bookstore & Tea Room
114 S. Main Street, Ann Arbor

For more information
http://crazywisdom.net/email-service.html
carol@crazywisdom.net

THE CRAZY WISDOM CALENDAR

A Free Guide to Local Classes, Workshops and Events

SEPTEMBER THROUGH DECEMBER 2013

Tiffany Mazurek, Psychotherapist and Craniosacral/Massage Therapist, on Page 96

Bronwen Gates and Nancy Harknett on Aromatherapy on Page 42

Christine Wucherer, Psychotherapist and Life Coach, on Page 108

Sierra Hillebrand on Infant Massage on Page 72

Shiatsu Practitioner Milagros Paredes on Page 52

The Crazy Wisdom Calendar

Acupuncture

Late Summer Spirit with Abby Humphrey and Wasentha Young • Sept. 15, 1-4 p.m. • Abby will present a dialogue about the energetic qualities and characteristics of Late Summer Energy and how it relates to your fundamental constitution. Wasentha will then lead you in tangible exercises to increase your awareness of how these concepts can be embodied to enhance your well-being. $50. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Addiction & Recovery

Teens Using Drugs: What To Know and What To Do with Debra Snyder • Oct. 1 and 8 or Nov. 5 and 12; 7:30-9 p.m. • Free, ongoing two-part series helps participants learn to understand, identify, and address adolescent alcohol/drug problems. Targeted primarily to parents/guardians but are inclusive of anyone interested. Free. Call Tamara at 485-8725; info@dawnfarm.org or teensusingdrugs.org.

A Serenity Retreat for Women with Cora Tommie Dayton and Rose Celeste O'Connell • Oct. 3, 7:30 p.m.-Oct. 6, 1 p.m. • Strength for the journey through the Twelve Steps of AA. $375 single occupancy. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Addiction 101 with James Balmer • Sept. 17, 7:30-9 p.m. • This program will examine the dynamics of alcohol and other drug use, review addiction as a brain disease, and provide an overview of the process of recovery from addiction. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

How to Support Recovery and Not Support Addiction with Charles Gehrke • Sept. 24, 7:30-9 p.m. • When all else has failed, what does work when confronted with a loved one's addiction? What does not work? What can others do to help? These and other questions will be addressed. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

The Intersection of Domestic Violence and Substance Abuse with Barbara Niess May and David Garvin • Oct. 15, 7:30-9 p.m. • The program will highlight the critical importance of understanding domestic violence and alcohol/other drug use/abuse in order to safely and effectively intervene and/or interrupt the batterer's abusive behaviors and support the survivor. People with a personal or professional interest welcome. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Chemical Dependency and the Family with Lynn Kleiman Malinoff • Oct. 22, 7:30-9 p.m. • This program will discuss the impact of addiction on each member of the family, including the roles and behaviors that family members often acquire and options for family members to obtain help to cope. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Psychiatric Disorders in Chemically Dependent Individuals with Patrick Gibbons • Oct. 29, 7:30-9 p.m. • This program will provide an overview of co-occurring addiction and psychiatric illness, including standard diagnostic criteria, individual considerations for determining the appropriate course of treatment, treatment interventions, and the perspectives of both the person with addiction and the treatment provider. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

The Doctor's Opinion on Alcoholism with Herbert Malinoff • Nov. 26, 7:30-9 p.m. • This program will describe a physician's view of alcoholism, as presented in the literature of Alcoholics Anonymous and updated with the modern neurobiology of addictive illness. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Cultivating Mindfulness to Support Recovery with Libby Robinson • Dec. 17, 7:30-9 p.m. • Cultivating mindfulness can support recovery from substance use disorders. This presentation will describe mindfulness, provide opportunities to experience and cultivate mindfulness, and review the evidence of its positive effect on recovery. Free. Call Corey at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Animals & Pets

Basic Animal Communication with Judy Liu Ramsey • Sept. 6-8 • Rediscover your natural telepathic communication skills with step-by-step, supported instruction. Learn how to connect with animals the way they communicate with each others. It's a fun, creative, and fascinating window to the world around us! $150. For times, call 665-3202; judyramsey777@yahoo.com or hearttoheartanimalcommunication.net.

Critter House Open Hours with Leslie Science and Nature Center • Sundays, Sept. 1-Dec. 29; Noon-3 p.m. • Observe frogs, turtles, snakes, rabbits, and more as they hop, crawl, and slither in their homes! Our animals include species native to the region as well as many unique and exotic animals donated by supporters. It's a great way to help kids develop an appreciation for the diversity of the natural world. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Raptor Feeding Times with Leslie Science and Nature Center • Saturdays, Sept. 7-Dec. 28; 1-3 p.m. • Drop in and see how feet and beak work together. Volunteers will be feeding the birds and answering your questions. Please be aware birds may or may not be coming out of their enclosures to eat during feeding times, depending on the species and time of feeding. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

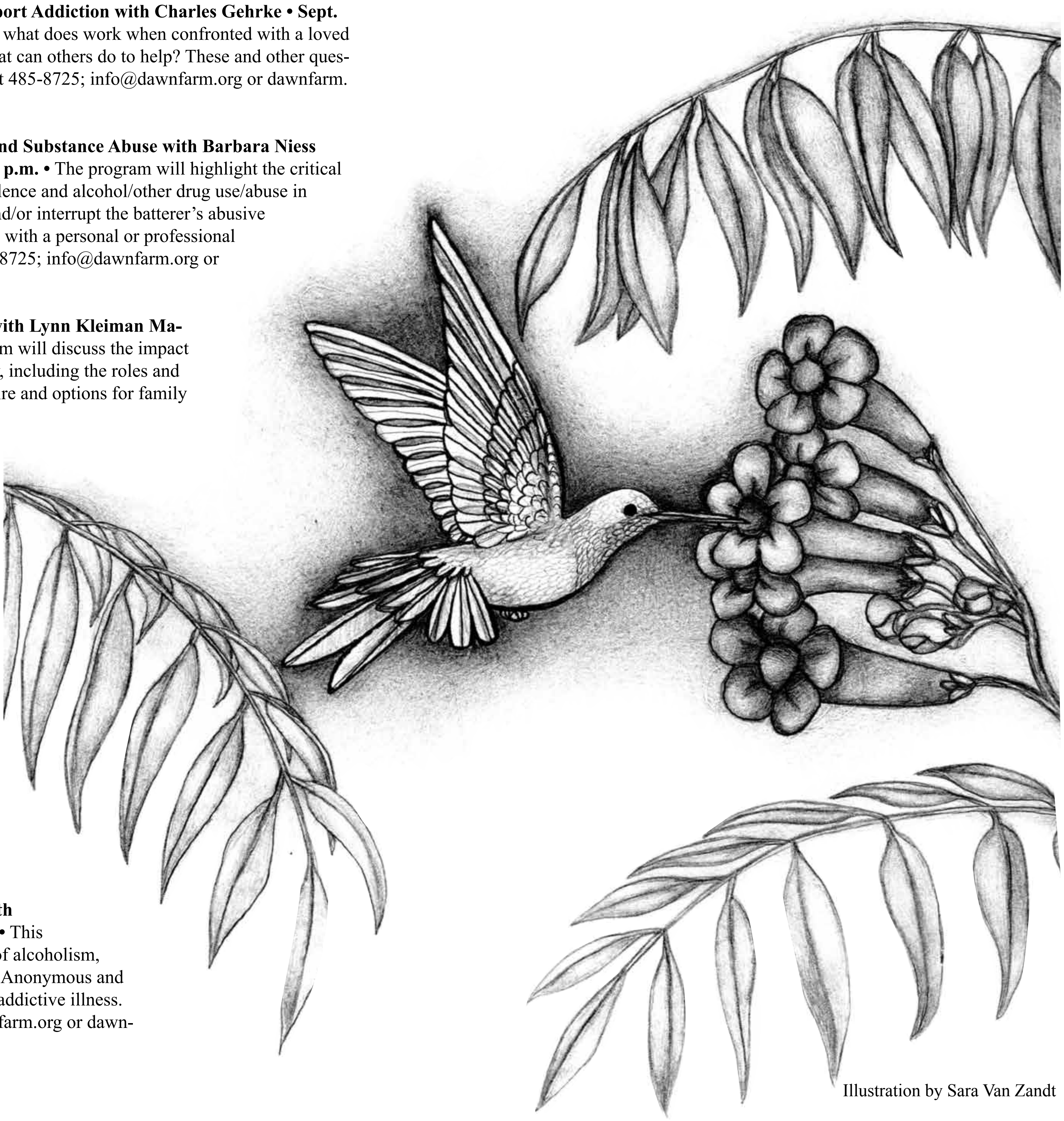

Illustration by Sara Van Zandt

Bats of the World with Leslie Science and Nature Center • Sept. 14, 10-11 a.m. • Bats have been surrounded by myths for years; it's time to learn the truth! Investigate the many amazing features of bats such as echolocation, flight, and feeding habits. Explore the unique roles these nocturnal mammals play in our world. Meet live bats and get inspired to protect these misunderstood creatures. This event is free for members only. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Animal Healing Course with Self Realization Meditation Healing Centre • Oct. 5 and 6, 9:45 a.m.-5 p.m. • For those who wish to learn to give natural spiritual healing to all animals. Working with love and respect, the course shows you how to help enhance animals' quality of life and to stimulate their bodies' own healing mechanism. This is a very practical and supportive course, giving you all you need to use this beautiful discipline professionally or in your home. $225 includes lunches and refreshments or $272 with overnight lodging and all meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

PetMassage Four 1/2-Day Foundation Workshop with Jonathan Rudinger • Sept. 26-30 or Nov. 7-11 • You will understand the roadmap to creating and marketing your canine massage business; the theory, techniques, vocabulary, culture, and vision of PetMassage; become aware of body mechanics; learn to understand and provide for diverse canine needs; learn various complementary bodywork techniques; and understand basic dog anatomy and physiology as it applies to canine massage. $1,700. For times, call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

PetMassage Six-Day Advanced Workshop with Jonathan Rudinger • Oct. 21-26 • This workshop will reinforce and expand on Foundation theory and applications; provide additional training in body mechanics, energy practices, TCM, canine anatomy, physiology, and pathology; refine business plans; help students qualify and prepare for the national certification test; 100 hours toward your 200 contact hour requirement; and track toward you becoming a Licensed PetMassage Instructor. $1,700. For times, call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Equine Inspired Mindfulness with Kimberly Cardeccia • Sept. 22, Oct. 13, Nov. 17; 2-3:30 p.m. • Mindfulness can be described as open, active attention on the present moment. This is a desired state because, in the present moment, we are free from what haunts us in our past and what worries us about our future. This workshop will consist of a short class on mindfulness, followed by an opportunity to experience mindfulness with horses. $50. Call 517-898-5094; kim@hiddenpromisecampus.com or hiddenpromisecampus.com.

Anthroposophical Medicine

Intensive Health Retreat with Medical and Therapeutic Team at Rudolf Steiner Health Center • Sept. 9-21 or Nov. 11-23 • These health retreats allow for total immersion in an anthroposophic healing environment that promotes the ideal picture of health through daily rhythm, organic and biodynamic meals, anthroposophic therapies, physician visits, nursing treatments, and carefully chosen anthroposophic medicines. Presentations on various aspects of health bring patients to a new understanding of how to incorporate health-promoting practices into their daily lives. Retreats are open to anyone, whether or not they have a current illness. For pricing and financial aid, call 663-4365; info@steinerhealth.org or steinerhealth.org.

10-Year Anniversary Celebration at Rudolf Steiner Health Center • Sept. 22, 2-5 p.m. • Come to our open house and celebrate a decade of learning, healing, and growth at the only inpatient anthroposophic medical clinic in the U.S. Join us for a tour of the Center, meet our staff, watch nursing demonstrations, participate in a movement activity or simply enjoy music and tea in our beautiful garden! Free. Call 663-4365; info@steinerhealth.org or steinerhealth.org.

Weekend Health Fast with Molly McMullen-Laird • Oct. 18, 7:30 p.m.-Oct. 20, 6 p.m. • Fasting allows a deep, physiological rest of the digestive organs, and the energy saved goes into self-healing and self-repairing. The rejuvenating and life-extending benefits can have lasting effects on your physical, mental, and emotional health. This medically supervised fasting session includes organic, raw juices, music, art, meditation, nature observation, storytelling, and other alternative forms of nourishment. $150 or $250 with overnight accommodations at the Rudolf Steiner Health Center. Call 663-4365; info@steinerhealth.org or steinerhealth.org.

Aromatherapy & Essential Oils

Be Young Essential Oils Seminar with Dana Young • Nov. 14-16 • Presentation on essential oils, with lymphatic aromatic touch and L-forms. $55. For times, call Barb at 517-914-4133; mcconb51@bigplanet.com or beyoungeo.com.

Essential Oils Support Change with Karlta Zarley • Second Wednesday of each month, 6:30-8 p.m. • Many of us are interested in the potent effects of Be Young therapeutic grade essential oils but aren't sure which ones to use when, where, and how. This group is for anyone using Be Young essential oils that wants to learn about them for their daily use. $15 suggested offering. Call 433-9333; kzarley@att.net or karltazarley.com.

Astrology

Drop-In Astrology Readings with Alia Wesala in the Crazy Wisdom Tea Room • First and Third Saturdays of each month, 7-10 p.m. • Alia provides brief astrological consultation sessions to individuals, couples, and families. $1 per minute. No appointment necessary. Call 719-0782; allfourangles@gmail.com.

Astrology: Cycles of Becoming with Karn Cornell • Five Thursdays: Sept. 19-Oct. 17, 7-9 p.m. • This class is for the novice and those who have some experience and knowledge of astrology. Approaching astrology from a psychological perspective, this series will present concepts and principles within an experiential format, applying them to your own birth charts. You will be asked to provide birth data when registering for the class, and will be given a copy of your natal charts. We will consider how our individual essence and needs, potentials, defenses, and challenges have manifested in real time and how they point us toward growth and greater fulfillment for the future. $160. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Author Events

Crazy Wisdom Salon ~ Book Signing and Discussion with Ed Sarath, author of *Improvisation, Creativity, and Consciousness: Jazz as Integral Template for Music, Education, and Society* co-sponsored by Crazy Wisdom Bookstore and University of Michigan's Office of the Senior Vice Provost • Thursday, Sept. 26, 7 p.m. at Crazy Wisdom Tea Room • Join us as we celebrate the recent release of Ed Sarath's new book. Sarath will speak about his new book, his work as a musician and educator, and the future of creativity and consciousness studies in higher education. He will also speak about a new, national project he is launching called the Jazz, Creativity, and Consciousness Initiative. Light refreshments served. Call Rachel at 665-2757; Rachel@crazywisdom.net or crazywisdom.net

Book Signing and Talk with Brett Bevell, author of *New Reiki Software for Divine Living* **• Sept. 9, 7 p.m. at Crazy Wisdom Tea Room •** Experience a powerful group healing that will empower you to access the newest tool in Reiki called Mikao Usui's Reiki Crystal of Awakening. This profound tool unifies the entire Reiki system into one simple and easy-to-use technique so that Reiki can be voice activated or thought activated, allowing one to send powerful treatments that can engage entire systems with the body simultaneously. All welcome. No previous Reiki training is necessary. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Amy Romano, co-author of *Optimal Care in Childbirth: The Case for a Physiologic Approach* • Oct. 1, 7 p.m. at Crazy Wisdom Tea Room • Doulas Care has invited Amy to showcase her new book, which discusses practices and policies that best promote safe, healthy, satisfying labor and birth and is full of evidence-based maternity care information for mothers and healthcare professionals. All welcome. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Joan St. John, author of *Mists of Mackinac: Forgotten Folklore, Fantasy, and Phenomena* • Oct. 22, 7 p.m. at Crazy Wisdom Tea Room • The ghost stories pertaining to Mackinac Island have been told for generations. This book, the first of its kind, offers actual channeled communications detailing the ghostly activity occurring there today and provides a means to explore the ghosts of Mackinac Island by including a ghost hunting guide to enable you to carry out your own ghostly adventures. All welcome. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Author's Forum at the University of Michigan • The Author's Forum is a collaboration between the University of Michigan Institute for the Humanities, University Library, Great Lakes Literary Arts Center, and Ann Arbor Book Festival. All events take place in the Library Gallery, Room 100, in Hatcher Graduate Library.
Sept. 25 • Douglas Trevor, author of *Girl I Know*, in conversation with Eileen Pollack
Oct. 9 • Don Lopez, author of *From Stone to Flesh: A Short History of the Buddha*, in conversation with Bill Zirinsky
Oct. 30 • A. Van Jordan, author of *The Cineaste*, in conversation with Peter Ho Davies
Nov. 13 • Jim Ottaviani, author of *Primates*, in conversation with John Mitani
Dec. 4 • Matthew Biro, author of *Anselm Kiefer*, in conversation with Silke-Maria Weineck

Bodywork & Bodymind Therapies

Alexander Technique for What Ails You and Inspires You with Kathy Moore • Wednesdays: Sept. 11-Dec. 11, 6:30-7:30 p.m. • Mindful movement and thinking, self-awareness, and the desire to learn how to help yourself. Alexander Technique is proven to help with back and neck aches, joint problems, over-tension, and breathing difficulties. It can also help you sing, speak, walk, run, play an instrument, and make the most of every time you get up from your chair. $300 for 12 sessions. Call 668-8146; kathy@moore-voice.com or moore-voice.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 112.

The Crazy Wisdom Calendar

Bodywork & Bodymind Therapies (continued)

MNRI Dynamic and Postural Reflex Pattern Integration with Dawn Burnell-Powers • Sept. 18-21, 9 a.m.-5 p.m. • This course provides the foundation for professionals and parents to understand the importance of primary motor reflex pattern maturation, why a reflex may not be integrated, the impact of a non-integrated reflex can have, and the MNRI techniques designed to assess and integrate reflexes. $675. Call Christy at 810-231-9042; info@jump-in-products.com or jump-in-products.com.

Motor Observations with Lynn Horowitz and Jacquelin Kilburn • Oct. 11-12, 9 a.m.-4:30 p.m. • The objective of this workshop is to introduce participants to the Motor Observations, a test of 36 standardized and normed clinical observations, most of which were used by Dr. Jean Ayes. This course will concentrate on learning proper administration of the testing items and scoring a child's responses. $300. Call Christy at 810-231-9042; info@jump-in-products.com or jump-in-products.com.

A Touch of Thai Massage Monthly Playshop with Tatianah Thunberg and Kelly Kempter • Sept. 18, Oct. 16, Nov. 13, Dec. 11; 6-8 p.m. • Acquaint yourself with the potent floor-based healing art practice of Thai Yoga Massage. Learn to relax while using your body weight and gravity to apply pressure. Gain confidence in using a wide variety of stretching techniques, while stretching your own body. Using breath and movement, we will create a safe environment of healing touch for both giver and receiver. $25 or $20 in advance. Call 223-4156; a2bluelotusthai@gmail.com or kaizenhealingarts.com.

Book Discussion Groups

Jewel Heart Readers • Sept. 10, Oct. 8, Nov. 5; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Breathwork

What Does My Breathing Say to Me? Intro to Pranic Breath Work Level 1 with Dave Krajovic • Sept. 12, 7-8 p.m. • Bring awareness to your breath pattern, understand how that impacts your physical health and well being, and learn techniques to open your breath as you bring consciousness to your breathing. $33. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Group Breath Practice with Dave and Pat Krajovic • Sept. 9, 6:30-8 p.m.; Sept. 18, Oct. 21, Nov. 11 at 10:30 a.m.-Noon • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, and sharing and integration. Must have experience with connected breathing. Call Pat at 734-416-5200; inspire@globalbreathinstitute.com.

As I Breathe So I Live: Intro to Pranic Breath Level 2 with Dave and Pat Krajovic • Oct. 23, 7-8:30 p.m. • Building on Level 1, increase consciousness of your breath pattern. Understand how to use the breath to gain peace of mind, mental clarity, and attract life experiences and abundance. Begin the process of building a conscious breathing practice. $33. Call Dave at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Mindful Creation through My Breath: Intro to Pranic Breath Level 3 with Dave and Pat Krajovic • Nov. 2, 7-9 p.m. • Builds on Levels 1 and 2 to deepen your awareness of your breath pattern. Use the breath to attract, and clear limiting beliefs, thoughts, and attitudes. Begin to understand the pathway of awareness and how it filters your life's experience. $44. Call Dave at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Releasing the Past: The Prana of Forgiveness with Dave and Pat Krajovic • Nov. 17, 9 a.m.-5 p.m. • Let go and live now, surrender to the state of forgiveness, and experience the joy of releasing old wounds, dysfunctional patterns, and the burden of guilt. Find strength to break the pattern of victimhood. Gain power and freedom that comes from understanding your power as the creator of your life experience. $150 with early payment discount available. Call Dave at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Special Holiday Breathe with Dave and Pat Krajovic • Dec. 8, 10:30 a.m.-Noon • This is a unique holiday breathe to access the joy and spirit of this season of love, giving, gratitude, and connection. Open your heart, feel the oneness, and experience the gifts. $25. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

New Year's Eve Meditation with Dave and Pat Krajovic • Dec. 31, 1-2 p.m. • Start the New Year with a renewed sense of peace within. This meditation extends to all beings throughout the universe with wishes for wellness, happiness, success, good health, and sustained peace. $20. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Conscious Connected Breathwork Series with Frank Levey • Six Tuesday evenings: Sept. 17-Oct. 22 • This class will explore a powerful process for inner healing and investigation. The connected breath can gently allow for deep release of body/mind trauma, allowing for a greater resting in our true nature. $90. For times, call 657-8742; frank@awakened-breath.com or awakened-breath.com.

Connected Breath Weekly Drop-In Class with Frank Levey • Tuesdays, 9:30-10:45 a.m. • This class offers a complete, facilitated breath session. The conscious connected breath is a powerful tool that can be used to let go of many of life's held traumas, as we recognize our wholeness. $15-$25 suggested offering. Call 657-8742; frank@awakened-breath.com or awakened-breath.com.

Breath Immersion Weekend, Transformation Breath: Levels 2, 3 with Julie Wolcott and Marcia Bailey • Oct. 11-13, 9 a.m.-6 p.m. • This is the second half of the Transformation Breath Foundation 6-Day Seminar. The inner work continues as we offer six full breath sessions, including one in water, a throat opening breathe, Presence Process material, and several other heart opening and healing experiences to further our integrative, joyful, and transformative inner journey. If you haven't attended the first part, you may be able to attend this workshop with instructor's permission. $650 with early registration discount offered. Call 355-1671; mbailey@tm.net or breatheannarbor.com.

> Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward. When we are listened to, it creates us, makes us unfold and expand.
>
> ~ Shel Silverstein

Transformational Breath Introductory/Review Sessions with Julie Wolcott and Marcia Bailey • Sept. 5, 13, 30, Nov. 8; 7-10 p.m. • Circular, connected breathing is totally enlivening. Memories never before realized will emerge for integration as you journey into altered states of consciousness, without the use of drugs. A powerful tool for transformation and healing, we begin with the benefits and basics of the breath process, set intention, experience a full session, and end with integration. $40 each session or $30 repeat. Call 355-1671; mbailey@tm.net or breatheannarbor.com.

Expanding Inner Peace via Transformational Breath: Eight-Week Class with Julie Wolcott and Marcia Bailey • Eight Saturdays: Sept. 14-Nov. 16; 2-5 p.m. • We will focus on Tara Brach's book, *Radical Acceptance*. At each meeting, we will include a discussion and sharing related to each attendee's experience with the book and exercises in the preceding week. The following two hours will include a Transformational Breath review session, plus integration time. If you are new to this system, arrange for a 45-minute introduction or private introductory session with the instructor. $280. Call 355-1671; mbailey@tm.net or breatheannarbor.com.

Mystic Yoga Breathing with Gary Blaze • Oct. 19, 1:30-4:30 p.m. • Breath is the foundation for good health, vitality, a calm, balanced, strong mind and emotions, and a powerful spiritual life. There are hundreds of breathing exercises and it can be confusing to find the right ones that form a balanced system. Yogi George King devised a powerful, balanced system of only six breathing exercises that anyone can use to great effect. $20. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Body Poetry Breathwork Classes with Andrea Hill • Sundays, 4:30 p.m. • Through gentle, self-love based awareness exercises and a full circular breath, we allow the bodymind to teach us what it needs, what it knows about our lives, and how we can be happier and more creatively engaged with it. We use the language of the body - breath, touch, sound, and movement - to enter into a healing conversation, release old pain patterns or experiences, and become more available in the present moment. $15 per class. Call 255-8487; ahillbodypoetry@gmail.com.

Buddhism

Sunday Meditation Practice with Ann Arbor Karma Thegsum Choling • Sundays, Sept.-Dec. • Medicine Buddha Meditation on First Sundays. Green Tara Meditation on third Sundays. All other Sundays are Chenrezig/Amitabha Meditation. Everyone is welcome. No cost. Call 761-7495 or 648-7549; AAKTC@yahoo.com or kagyu.org.

Odyssey to Freedom with Jewel Heart Instructors • Mondays: Sept. 9, 23, Oct. 7, 21, Nov. 4, 18, Dec. 2, Jan. 13, 27; 7-8:30 p.m. • Gelek Rimpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. $90 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation with Jewel Heart Instructors • Wednesdays: Sept. 11, 18, 25, Oct. 2, 9, 16, 23, 30; 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. While this course is open to all, it is recommended to follow Creating Space. $80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Gateway to the Spiritual Path with Jewel Heart Instructors • Thursdays: Sept. 12, 19, 26, Oct. 3, 10, 17, 24, Nov. 7; 7-8:30 p.m. • The main focus of this course is developing a reliable spiritual foundation. Gelek Rimpoche's transcript Gateway to the Spiritual Path serves as the basis. $80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

GOM Practice Weekend with Jewel Heart Instructors • Nov. 1-3: Friday 7-9 p.m., Saturday 9 a.m.-8:30 p.m., Sunday 8:45 a.m.-6 p.m. • GOM, or concentrated meditation, is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This meditation weekend intensive, offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Silence will be maintained between sessions. Practice sessions include sitting and walking meditations with instruction available for your assistance. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Essence of Tibetan Buddhism with Gelek Rimpoche of Jewel Heart • Sundays: Sept. 1-Dec. 29; Talk from 10-11 a.m., Tea and cookies from 11-11:30 a.m. • We invite you to enjoy weekly Sunday morning talks by Gelek Rimpoche. Speaking from Ann Arbor and New York and other locations, these talks will also be live video webcast. Open to all. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • Sundays: Sept. 1-Dec. 29, 8:45 -9:45 a.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays: Sept. 1-Dec. 29, 11:30 a.m.-12:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Sept. 14 or Nov. 2, 9-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest - an interval of deepening, of slowing down, silence, and mindfulness. $60 includes vegetarian lunch. Call 761-6520; annarbor@zenbuddhisttemple.org.

Introductory Meditation Course at Zen Buddhist Temple • Five Thursdays starting Sept. 12 or Oct. 24, 6:15-8:30 p.m. • The viewpoint of Zen is that life fully lived in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 students. Call 761-6520; annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Nov. 29, 7 p.m.-Nov. 30, Noon • This format is primarily intended for out-of-towners, but local people unable to take the Thursday evening course or who prefer the overnight retreat are also welcome. $160 or $120 students. Call 761-6520; annarbor@zenbuddhisttemple.org.

Fall Yongmaeng Jeongjin at the Zen Buddhist Temple • Oct. 3, 7 p.m.-Oct. 6, 8 a.m. • Yongmaeng Jeongjin, which means "fearless practice", is a three-day meditation retreat. It is a period to free oneself from all worldly ties and absorb oneself completely in concentration. It provides a wonderful opportunity for discovering wisdom mind and developing a compassionate heart. It is usually reserved for those with serious meditation experience. Minimum attendance is two days. $60 per day or $50 per day for members. Call 761-6520; annarbor@zenbuddhisttemple.org.

Year-End Service: Kindling Light of Wisdom-Mind at the Zen Buddhist Temple • Dec. 31, 7-9 p.m. • An occasion to take stock of one's life and to greet the New Year in contemplation and reflection. Everyone is welcome to come share this beautiful service. $10 donation. We will also have a special New Year's Day Service on Jan. 1 at 11:30 a.m. Call 761-6520; annarbor@zenbuddhisttemple.org.

Two Ongoing Sunday Services at the Zen Buddhist Temple • 10-11:30 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, a short talk, and a question and answer session. You can sit on a mat and cushion or on a chair. Open to the public. By donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

Visitor's Program and Residential Opportunities at the Zen Buddhist Temple • The Visitor's Program is for people who wish to spend some time living in the Temple to cultivate their practice. They follow the schedule and participate in programs in the mornings and/or evenings. The program is geared to personal needs and wishes. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with Temple Director required and usually available throughout the year. Call 761-6520; annarbor@zenbuddhisttemple.org.

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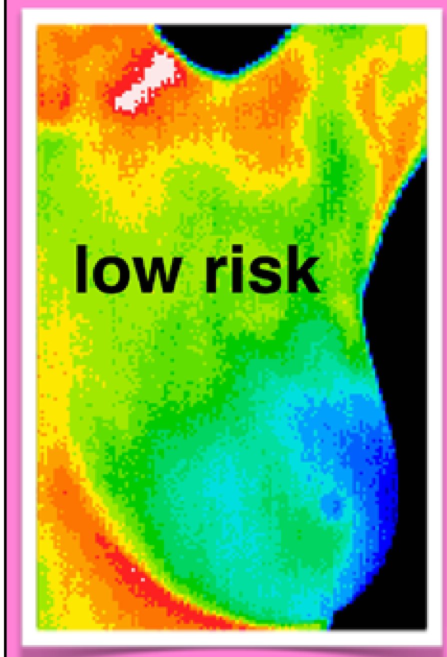

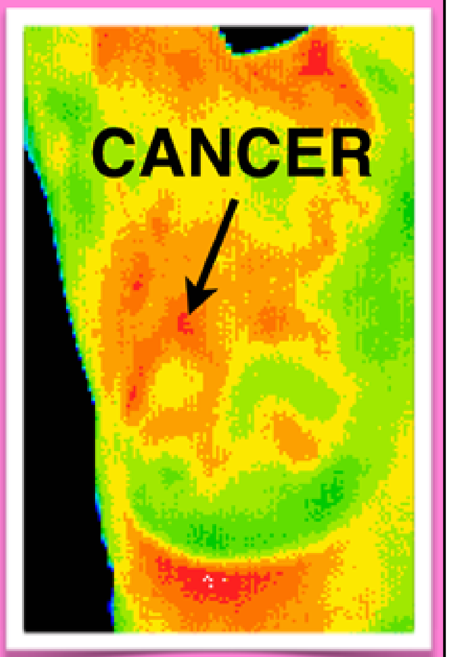

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Southeast Michigan, we've seen our share of transitions recently. Let's celebrate the transformations and the growth!

Announcing The First Annual
Rising Phoenix Awards
By Intentional Legacies® (formerly Peaceful Crossings)

All major life transitions are opportunities to learn, grow, and evolve. With the Rising Phoenix Awards we recognize and celebrate residents of Southeast Michigan that have faced challenging major life transitions, were personally transformed, and as a result did something to affect those around them in a positive way.

Anyone can submit nominations between September 1st and October 31st, and awards will be presented in January of 2014.

For more information and to submit nominations visit us at
http://risingphoenix.peacefulcrossings.com

Military Technology that Spots Breast Cancer Like a Heat-Seeking Missile

By Dr. Mazhar Shaik

(Editor's Note -- Dr. Mazhar Shaik is an Ayurvedic physician working at the Parkway Center. He received his Doctor of Medicine from Osmania University in India. Now 51, he and his wife, Mastanbee (Seema) Shaik, have been in the United States for 21 years, and in Ann Arbor for three. They have 3 children living in town, the eldest of whom is studying at the U-M Medical School.)

One in eight women will be diagnosed with breast cancer in her lifetime. With statistics like these, breast cancer will impact virtually every woman in one way or another. Fortunately, nearly all types of breast cancer can be treated successfully if found early. Early detection gives women a lifesaving head start on the road to a cure.

Per the Center for Disease Control (CDC), in 2011, an estimated 230,480 new cases of invasive breast cancer were expected to be diagnosed in women in the U.S., along with 57,650 new cases of non-invasive (in situ) breast cancer. Worldwide, more than one million women are diagnosed with the disease every year.

> A technology originally developed by the U.S. military for night vision could help women cut their risk of developing breast cancer.

Mazhar Shaik, M.D. in Ayurvedic Medicine, has an M.B.A. in Health Services Administration and is a Certified Clinical Thermographer. His wife, Mastanbee (Seema) Shaik, is an obstetrician by background. Together they opened Green Health Thermography in early 2012.

CDC statistics are scary, and the question needs to be asked again — should we continue to concentrate on procedures that can only detect an existing lump, or should we be focusing on screening methods that can warn of a pending problem far in advance of a lump developing?

A technology originally developed by the U.S. military for night vision could help women cut their risk of developing breast cancer. Known as infrared thermal imaging, the technology scans for spots of breast cancer like a heat seeking missile.

I first took notice of infrared technology while working for the National Technology Transfer Center (NTTC) at Wheeling Jesuit University. Having started my career in the U.S. as a researcher, I worked at the NTTC for 17 years, serving as a principle investigator for a number of federal health technology grants. During that time, one of the technologies that caught my attention was infrared technology being developed by NASA for use on Mars to detect life and weather patterns. Later, it was further developed by the Department of Defense for medical use and for picking up wounded soldiers at night from the battlefield.

My wife, an obstetrician by background, and I opened Green Health Thermography in Ann Arbor in January 2012, motivated by my interest in technology and her passion to serve women. Together, we practice a blend of the preventive, well-care philosophy of Eastern medicine and the technical innovations of Western science. Green Health Thermography offers breast and full-body thermography services using infrared thermal imaging technology.

Defined by the Federal Drug Administration (FDA) as an adjunctive diagnostic screening for detection of breast cancer, thermography is not a standalone device and does not replace mammography. It is pain free, 100 percent safe, and entirely non-contact, which means no painful compression of the breasts. It is also non-invasive, so there are no injections of harmful dyes or contrast mediums into the blood stream, and it involves no exposure to radiation. There are no contra-indications for breast thermography, making it safe for pregnant women and those with implants.

> It is pain free, 100 percent safe, and entirely non-contact, which means no painful compression of the breasts. It is also non-invasive, so there are no injections of harmful dyes or contrast mediums into the blood stream, and it involves no exposure to radiation.

The technology works by identifying and measuring metabolic changes in breast tissue. New blood vessel creation is critical to the development of a malignant tumor. Breast thermography detects the increased blood flow needed by cancer cells early in their development by measuring the excess heat radiating from the skin. The result is the ability to detect tumor growth beginning at very early stages.

Supported by more than 800 peer-reviewed studies encompassing more than 300,000 participants, breast thermography offers an effective method for early detection of cancer, no matter what your age or circumstances. In many cases, it detects cancer eight to ten years before a mammogram. At Green Health Thermography, we see a number of patients who are at risk of getting cancer because of their family history, as well as women who are looking for a pain-free, radiation-free, and safe imaging alternative to mammograms. Also, survivor patients taking alternative and supportive treatments come to us to monitor the disease and effectiveness of the treatment.

Younger women under 50 years who are not eligible for mammogram screening under the new Health and Human Services (HHS) recommendations now have a safe alternative to screen for breast cancer with thermography. Also, women with a family history of cancer (1 in 10 women) should screen their breasts on a yearly basis. For these high-risk women, breast thermography is a reliable alternative to screen for breast cancer. The breast tissue of younger women tends to be denser, which makes conventional mammogram scans less reliable.

The technology isn't limited to scanning for breast cancer. Thyroid, sinus, T.M.J., dental, cardiovascular, digestive, and other diseases can be recognized in the patterns of heat given off by the body. For instance, patients at risk for diabetes will present a reading with blue coloring on the hands and feet. The image is recorded and looks much like a weather report with varying colors representing weather conditions.

Our center is unique because we specialize in women's health and offer private imaging respecting individual needs, preferences, and cultures. Female nurses certified in clinical thermography perform all screenings, and M.D.s

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Early detection gives women a lifesaving head start on the road to a cure.

board certified in clinical thermography interpret the images. Most of our clientele are health conscious consumers who want to "heal before they can feel." We support our patients' choices to take control of their health through prevention, and we are happy to show how their thermographic image can be a part of their commitment to a healthy lifestyle. The testing results can help patients become proactive in instituting personalized prevention, such as lifestyle modifications, increased physician surveillance, and medications. With comprehensive thermography testing and preventive medicine, healthcare providers can launch an innovative strategy against disease, attacking it before it even manifests.

Breast thermography detects the increased blood flow needed by cancer cells early in their development by measuring the excess heat radiating from the skin. The result is the ability to detect tumor growth beginning at very early stages.

Mazhar Shaik, M.D. in Ayurvedic Medicine, has an M.B.A. in Health Services Administration and is a Certified Clinical Thermographer. He currently works as the Chief Clinical Officer for the Michigan Primary Care Association, and is an adjunct faculty member at the School of Social Work at the University of Michigan. Green Health Thermography is located at 2345 S. Huron Parkway, Ann Arbor, Michigan 48104. Email greenhealth2012@gmail.com, visit the website at greenhealththermography.com, or call (734) 845-4294.

Cancer

Cancer Treatment and Your Skin with Carol Clarke • Oct. 24 and Nov. 28, 7-8:30 p.m. • For those specifically undergoing chemotherapy and radiation treatments. We will discuss the histology of the skin as it changes as well as makeup techniques. Free. Call 757-8239; cclarke2005@hotmail.com or akuatouch.com.

Ceremonies, Celebrations & Festivals

Book Festival with Kerrytown BookFest • Sept. 8, 11 a.m.-5 p.m. • The 11th Annual Kerrytown Bookfest, celebrating those who create books and those who read them, will again be held in the Farmers Market in the historic Kerrytown district of Ann Arbor. An eclectic mix of authors, book artists, new and used book sellers, book arts workshops as well as storytellers and crafts for children will be featured. Free. Call Sharon at 761-8258; sgambin@gmail.com or kerrytownbookfest.org.

Dawn Farm 40th Anniversary Jamboree • Sept. 8, 1-6 p.m. • Have a great time, hear great music, and support a great cause! Free admission, free activities for all ages, live music, hayrides, animals to pet, pony rides, arts and crafts, and live and silent auctions. Funds raised will help provide care for individuals who lack resources. Call Megan at 485-8725; info@dawnfarm.org or dawnfarm.org/upcomingevents/jamboree.

Autumnal Equinox Celebration with Michigan Friends Center • Sept. 22: Potluck 6 p.m., Bonfire 7-9 p.m. • We will celebrate the balance of day and night with a potluck dinner followed by a bonfire around which to share thoughts, poems, stories, songs, and knowledge. All ages welcome. Bring food to share; we will provide water, tea, plates, and silverware. Also bring a verse, song or story you like, seasonal lore, a readiness to partake in what others have brought, as well as flashlights and long sleeves. Free. Call Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

Peace All-Stars 3: Interfaith Council for Peace and Justice Benefit Concert • Nov. 2 • Mark your calendar for an incredible array of musicians, singers, storytellers, poets, and other artists coming together to entertain, promote the cause of peace, and foster a more just and equitable world. La'Ron Williams to host. $20 or $15 in advance. For times, call Grace at 663-1870; gracek@icpj.net or icpj.net.

Winter Solstice Sing with Michigan Friends Center • Dec. 21, 7-9 p.m. • We sit quietly in a circle and teach each other rounds, songs, and chants of the season as they occur to us. The woods around us, our sheltered circle focused on inner light, and our voices are the only elements of this simple celebration of the longest night. Anyone who enjoys singing and sitting quietly is welcome. While we encourage family participation in most of our events, this is one for older children and adults. Free. Call Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

2nd Annual Women's Harvest Moon Retreat led by Shana Weddington • Sept. 21, 3 p.m. • The harvest moon signals the transition to a new season. There are many ways to mark this time of year, but a community celebration - no matter how small - gives credence to our actions while continuing to serve as inspiration through times of fading strength. The purpose of this retreat is to gather all generations of women in community to enjoy and appreciate the earthly beauty that surrounds us while sharing and learning from one another. Includes nourishing food, energy medicine, massage, and wood-fired sauna. $20. Call 734-717-2813; sweddinglove@yahoo.com.

Christmas Massage and Satsanga with Self Realization Meditation Healing Centre • Dec. 25, 10:15 a.m. • We warmly welcome everyone of all faiths to join us on Christmas morning for our meditation gathering. We share song-chants, inspired thoughts, and Mata Yogananda Mahasaya Dharma's Christmas message and blessing, followed by pure meditation and silent prayer for as long as you wish. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

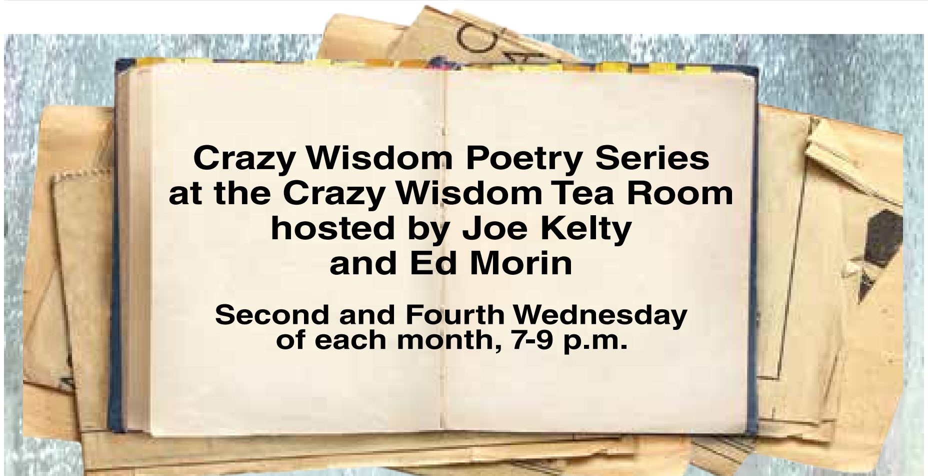
Burning Bowl Ceremony with Deb Foggio • Dec. 31, 10 a.m.-1 p.m. • A beautiful morning ceremony to celebrate the successes of the old year and release everything that is irrelevant and undesirable. New Year's Eve is a time to get clear on what you want in the New Year. We take the time to focus on ourselves so we can release all beliefs, hurts, and perceived debts that no longer serve us. This is followed by opening the doorway to our creative element so that our intentions and goals can be revealed and claimed. By love donation. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Channeling

Evenings with Aaron with Barbara Brodsky • Sept. 18, Oct. 16, Nov. 13, Dec. 11 (Christmas Stories); 7-9:30 p.m. • All are welcome to these sessions with Aaron and Barbara. Aaron gives a talk followed by questions and answers. Aaron's talk will cover a variety of spiritual practices including Vipassana and pure awareness meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound, and open heart. By donation. Call Deep Spring Center at 477-5848; om@deepspring.org or deepspring.org.

The Crazy Wisdom Calendar will be posted online starting September 1, 2013 at crazywisdom.net.

The Crazy Wisdom Calendar



Crazy Wisdom Poetry Series
at the Crazy Wisdom Tea Room
hosted by Joe Kelty
and Ed Morin

Second and Fourth Wednesday
of each month, 7-9 p.m.

Crazy Wisdom Poetry Series

Second Wednesdays, 7-9 p.m. • Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins 6:45 p.m.

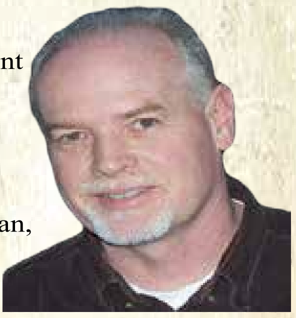
Fourth Wednesdays • Featured Reader, 7-7:45 p.m. Followed by Open Mic reading, 8-9 p.m. • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured readers

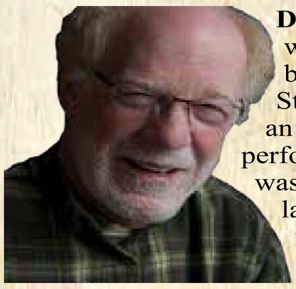
September 25 - Sue Budin has published poems in *Poetica*, *Third Wednesday*, and *The Meridian Anthology of Contemporary Poetry*. Her new book of poems, *After the Burn*, expresses empathy with others and explores connections between visual art and language. While on staff at Ann Arbor District Library, she led writing workshops for youth and arranged poetry readings there. She's won awards in *Current* magazine's writing contest.

and

Alexander Weinstein, director of Martha's Vineyard Institute of Creative Writing, has fiction and translations in *Cream City Review*, *Notre Dame Review*, *Pleiades*, *Sou'wester*, *World Literature Today* and in *New Stories from the Midwest: 2013*. A professor of Creative Writing at Siena Heights U. and a lecturer at the U. of M., he graduated from Indiana University (MFA) and Naropa University.



October 23 - David James has published 4 chapbooks and 2 books of poems. His most recent collection, *She Dances Like Mussolini*, won the 2010 Next Generation Indie book award. His poems have appeared in *Iowa Review*, *Literary Review*, and *Rattle*. Six of his one-act plays have been produced off-off-Broadway in New York and a score more in Massachusetts, Michigan, and California. He teaches writing at Oakland Community College.



December 4 - Jack Ridl is a multiple-award-winning poet from western Michigan whose latest book is *Practicing to Walk Like a Heron* (Wayne State U. Press, 2013). His *Losing Season*—about an entire small town suffering through the dismal performance of its high school basketball team—was named 2009's best book about sports. Poet laureate Billy Collins chose his *Against Elegies* for a chapbook award. Editor of many poetry anthologies, Jack is retired from Hope College.

In November there is no scheduled poetry reading because the Fourth Wednesday.is the day before Thanksgiving. This reading has been pushed forward one week to December 4, 2013. No other reading or workshop will take place in December. The Poetry Series will resume in January.

These events are **FREE** to attend.
Each featured reader is followed by an hour of open mic.

Joe Kelty, poet and teacher of biology and English at area community colleges.

Ed Morin, poet and former English teacher at area universities and colleges.

Crazy Wisdom Bookstore & Tea Room
114 S. Main St., Ann Arbor
crazywisdom.net - 734.665.2757

Chant

Community HU Chant with Local Members of Eckankar • Fridays, 6:30-7:15 p.m. at Crazy Wisdom Community Room • Singing HU, an ancient name for God, is a great way to tune in to the spiritual currents, initiate profound spiritual experiences, and create a foundation for spiritual growth. Popular in many cultures, the singing of HU is an undirected prayer to harmonize the consciousness and open the heart to God's love. It's simply for the upliftment of those who come and not directed to any other purpose. Free. Call John at 320-2010; tutdebon@gmail.com or eck-mi.org.

Sivananda Satsang with Jody Tull • Sept. 7, Oct. 5, Nov. 2, Dec. 7; 8 a.m. • Join Be In Awe Yoga for our monthly satsang: meditation chanting and yoga discussion. Tea served afterwards, leading into the 9:15 asana class. Free. Call 213-0435; jody@beinaweyoga.com or beinaweyoga.com.

Lake Michigan Finding Your Voice Retreat with Jody Tull • Oct. 25-27 • Learn all about yoga, featuring asanas, breathing, chanting, meditating, vegetarian food, and easy-to-learn techniques that unleash transformation and authentic expression, whether speaking, singing or playing an instrument. All welcome: singers, non-singers, instrumentalists, and yogis. $600. Call 213-0435; jody@beinaweyoga.com or beinaweyoga.com.

Finding Your Voice Ann Arbor Weekend Retreat with Jody Tull • Nov. 16-17 • Learn all about yoga, featuring asanas, breathing, chanting, meditating, vegetarian food, and easy-to-learn techniques that unleash transformation and authentic expression, whether speaking, singing or playing an instrument. All welcome: singers, non-singers, instrumentalists, and yogis. $350. Call 213-0435; jody@beinaweyoga.com or beinaweyoga.com.

Chanting with Ann Arbor Kirtan • Sept. 20, Oct. 18, Nov. 15; 7:30 p.m. and Dec. 7, 6:30 p.m. • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5 donation suggested. Call Karen at 645-8904; krlevin@comcast.net or kirtanannarbor.org.

Childbirth

2nd Annual Improving Birth Fair with Improving Birth Ann Arbor • Sept. 1, 10 a.m.-2 p.m. • Come learn how to have a memorable, happy birth experience and what birth options are available to you in our community. Learn how to ask the right questions to give you confidence that you will be receiving the best care for you and your baby. Visit with area doulas, midwives, and educators. Free, with face painting and balloon animals available. Call Alison at 248-418-8401; ali.polidano@gmail.com.

Meet the Midwives with New Moon Midwives • Sept. 9, Oct. 14, Nov. 11, Dec. 9; 6:30-7:30 p.m. • Considering homebirth or exploring birth options? This is an informal, monthly open house and information session - a chance to find out more about homebirth, waterbirth, midwives, and doula support. Free. Call Anna at 242-0220; info@newmoonmidwifery.com or newmoonmidwifery.com.

Childbirth Preparation: Everything You Need to Know through Center for the Childbearing Year • Seven Wednesdays: Sept. 11-Oct. 23, 6:30-8:45 p.m. or Seven Tuesdays: Nov. 5-Dec. 17, 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, how partners can help, alternatives to drugs, cesarean prevention, and the baby's needs. $245 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Childbirth Preparation Condensed Class: Focus on Labor and Birth through Center for the Childbearing Year • Three options: Sept. 14 and 21, 1-4:30 p.m. or Nov. 2, 9:30 a.m.-5 p.m. or Three Thursdays: Dec. 5-19, 6:30-8:45 p.m. • The condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. $180 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • Sept. 28, 12:30-5 p.m.; Nov. 13 and 20, 6:30-8:45 p.m.; or Dec. 7, 12:30-5 p.m. • Breastfeeding combines instincts and learned skills. Most expectant parents express surprise after attending this class in that they did not expect to learn so much nor realize the extent to which misinformation abounds. Our goal is to help you get it right from the start. $65 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Birth Doula Workshop with Patty Brennan through Center for the Childbearing Year • Oct. 25-27, Sat. and Sun. 8:30 a.m.-6 p.m. • Are you interested in a career working with moms and babies? Become a professional birth doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be a support role for other moms. Class leads to professional certification through DONA International. $385 or $350 with early registration. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Postpartum Doula Workshop with Patty Brennan through Center for the Childbearing Year • Nov. 14-17: Thursday Noon-6 p.m., Friday and Saturday 8:30 a.m.-6 p.m., Sunday 8:30 a.m.-3 p.m. • Turn your passion for helping moms, babies and new families into a profitable career. Become a professional birth doula! This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, baby wearing basics, support strategies for depressed moms, holistic healing measures, adjustment strategies for all family members and more. Class leads to professional certification through DONA International. $435 or $395 with early registration. Call 663-1523, patty@center4cby.com or center4cby.com.

Professional Education in Breastfeeding with Barbara Robertson through the Center for Childbearing Year • Nov. 9, 12:30-5 p.m. and Nov. 16, 1:30-6 p.m. • This workshop ensures an up-to-date, evidence-based approach to breastfeeding. Tremendous leaps have recently been made in our understanding of how breastfeeding works and how to best support moms and babies. Any professional who works with moms postpartum will benefit. $85 (part I only)or $150 (parts I & II) with early registration discount available. Call 663-1523; patty@center4cby.com or center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan through Center for the Childbearing Year • Oct. 25, 9 a.m.-5:30 p.m. • Want to become a doula and wondering where to start? Learn how to facilitate informed decision making for your clients with up-to-date information on the benefits, risks and alternatives to medical interventions in the birth process. Explore the connection between nutrition in pregnancy and mom's overall energy, health and comfort and more. Come to Michigan's premier doula training center and learn from a doula business expert. $125 or $110 with early registration. Call 663-1523, patty@center4cby.com or center4cby.com.

> I am part of the sun as my eye is part of me. That I am part of the earth my feet know perfectly, and my blood is part of the sea. There is not any part of me that is alone and absolute except my mind, and we shall find that the mind has no existence by itself, it is only the glitter of the sun on the surfaces of the water.
>
> ~ D. H. Lawrence

Top Seven Questions About Becoming a Doula with Center for Childbearing Year • Sept. 9, Oct. 7, Nov. 4, Dec. 2; 8-9 p.m. • Join us for an interactive teleseminar designed to explore whether or not becoming a doula is right for you. This is a free teleseminar for anyone wanting to learn about doula training, career paths, the "on call" lifestyle, blending doula work and family life, the viability of doula businesses, and more. Free. Call 663-1523; patty@center4cby.com or center4cby.com.

Birth and the First Three Months with Hygeia Center for Healing Arts • Sept. 21, Oct. 19, Nov. 16; 9 a.m.-5 p.m. • This childbirth class prepares expectant parents for labor, delivery, postpartum recovery, newborn care, parenting confidence, and adjusting to new family life. $175. Call Deb at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Children & Young Adults

*Complete listings for children are found in the Children's Section of this Journal, devoted to events and classes for children, young adults, and families***.**

Halloween Fairy Tea at Crazy Wisdom Tea Room • Oct. 24, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Be spooky! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

Fairy Tea at Crazy Wisdom Tea Room • Dec. 5, 4 p.m. seating • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

Christian Mysticism

Sunday Divine Services • Sundays, 11 a.m. • Our regular Sunday Divine Services include beautiful, dynamic prayers, eastern mantra, and an address, either by one of our priests or ministers or a recording by the late George King, founder of The Aetherius Society. Free. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Chronic Pain/Chronic Illness

Restorative Yoga for Chronic Pain with Sara Zabawa • Seven Tuesdays starting Sept. 10 and Oct. 29, 7-8:30 p.m. • This yoga series is designed to reduce the emotional and physical stress and discomfort associated with chronic pain conditions. This is a gentle, slow moving class, appropriate for beginners and those interested in increasing vitality and immunity while developing self-healing practices. $110. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Course In Miracles

Course In Miracles Weekly Study Group with Lorri Coburn of Interfaith Center • Thursdays, Noon-1:30 p.m. • All welcome to this drop-in discussion group of A Course in Miracles. Free. Call 646-6585; lorricassie@sbcglobal.net or lorricoburn.com.

Crystals

Monthly Adult Crystal Gathering with Carol Clarke • Third Thursday of each month, 7-8:30 p.m. • This is a recurring monthly discussion group focusing on the use of different crystals and minerals. Meditation and worksheets provided. $20. Call 757-8239; cclarke2005@hotmail.com or akuatouch.com.

Stones and Crystals in Healing and Ritual with Karlta Zarley • Fourth Wednesday of each month, 6:30-8 p.m. • This class will discuss different stones and what their properties are, and answer your questions about how to use them in your daily life. It's designed for you to come when you can and still understand what is being covered. $15 suggested offering. Call 433-9333; kzarley@att.net or karltazarley.com.

Death & Dying

Death Cafe with Merilynne Rush • Sept. 21, Oct. 19, Nov. 16, Dec. 21; 10 a.m.-Noon at Crazy Wisdom Tea Room • Gather with us for a relaxed and frank discussion about living and dying. This cafe has no agenda other than to listen and share with each other about how we can live more fully if we embrace that death happens to us all. Free. Call 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

Divorce Support

Your Divorce Workshop with Women's Divorce Resource Center • Sept. 21, 9:45 a.m.-1 p.m.; Oct. 3, 5:45-8:30 p.m.; Nov. 16, 9:35 a.m.-1 p.m. • This workshop is for women contemplating or starting the process of divorce. We empower women going through divorce by providing information and education about financial, legal, and emotional aspects of divorce. Presentation by experienced professionals, with questions and answers, and referrals. $45. Call Rebecca or Vicki at 248-707-1564; womensdivorcecenter@gmail.com or womens-divorce.org.

Dreamwork

Dreaming with the Archangels: Dream Study and Interpretation Workshop with Deb Foggio • Nov. 13, 20, 27, Dec. 4, 11; 10 a.m.-Noon • A special 30 day journey with the four Archangels: Michael, Raphael, Gabriel, and Uriel - through the spiritual realm of your own dream world. With their guidance, you will discover eternal wisdom and truth that you can apply to how you are currently living. These truths can help you design and live your life so you achieve more peace, love, and prosperity. $195. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Drumming

Drummunity Circles with Lori Fithian • Sept. 19, Oct. 14, Nov. 20, Dec. 18; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call Lori at 426-7818; lorifithian@mac.com or drummunity.com.

Open Drum Circle with Deb Foggio and Dana Norris • Sept. 20, Oct. 18, Nov. 15, Dec. 20; 7-8:30 p.m. • This is an open drum circle that uses the power of group drumming to build community cohesion, empower individual expression, and create strong support networks. There is no experience necessary; anyone can participate! All instruments are provided or you may bring your own. $15. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Energy Healing

Spiraling into Infinity with Karen Greenberg • Dec. 1, 2-7 p.m. • Receive the training to be able to perform this energy work on clients. Spiraling into Infinity assists clients in identifying with and expanding into their limitless, spiritual selves, where anything is possible. $350. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Into to Pranic Healing: How to Heal with Your Hands with Dave Krajovic • Oct. 17, 6-7:30 p.m. • Learn how you can heal with your hands. Remarkable healings occur almost miraculously by a simple wave of the hand. Learn how to feel energy and how this amazing healing tool known as Pranic Healing is changing the world. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

The Crazy Wisdom Calendar

Energy Healing (continued)

Free Pranic Healing Clinic with Dave and Pat Krajovic • Third Wednesday of each month, 7-8:30 p.m. • Dissolve and disintegrate dirty energy and blocked energy. Pranic Healing is effective with many illnesses and diseases. Other Pranic Healing practitioners welcome. Appointment required. By love donation. Call Pat at 734-416-5200; inspire@globalbreathinstitute.com.

Esoteric Healing Course II: Integrated Living with Joanne Karpinen • Nov. 14-17, 9 a.m.-5:30 p.m. • Continue your studies of the Ageless Wisdom (Djwhal Khul and Alice Bailey) as you build upon and deepen the essentials of Course I. You will learn to energetically treat the nervous system, immune system, and psychological aspects of the chakras in ways that promote physical, psychological, and spiritual balance. In essence, you will learn psychoneuroimmunology of the energy field, the 7 Rays, and why emotional healing is important for spiritual growth. $390. Call 517-347-4618; drkarpinen@aol.com or integratedhealingjourneys.com.

Emotional Freedom Technique (EFT) Support Group with Susan Major • First Wednesday of each month, 7 p.m. • Ongoing support group for people familiar with EFT. Includes individual and group tapping. By donation. Call 996-0702; samajor@comcast.net or presenttimeenergetics.com.

Introduction to Esoteric Energy Healing, Part 1 with Laurie Akerros • Oct. 11-13 or Dec. 6-8, 9 a.m.-5:30 p.m. • Esoteric Energy Healing is a dynamically rich, potent healing modality treating all aspects of a human being gently, safely, and powerfully at the physical-etheric, emotional, mental, soul, and spirit levels. Students will learn to feel the energy field and how to palpate, assess, and balance the chakras and subtle body energies. We will look at the soul (the true healer of the form), basic spiritual laws, and the tasks and responsibilities of the healer. $395. Call 369-0700; lakerros@hotmail.com.

Esoteric Healing Part 3: The Cosmic Scene with Laurie Akerros • Nov. 22-24, 9 a.m.-5:30 p.m. • This is a continuation of the in-depth studies of the subtle body energy field and chakra system, and further training of the higher intuition as it is linked to the conscious mind. Participants experience increased self awareness and self healing, and learn how to apply esoteric healing as a complementary health technique within their clinical situations. $395. Call 369-0700; lakerros@hotmail.com.

Spiritual Healing Techniques with Judy Stephens • Sept. 25 and Oct. 2, 6:30-8:30 p.m. • This is a two-session class for healers who wish to add additional techniques to their healing basket. The chakras are the electrical/energetic hubs within the body that supply an energy flow to our organs. Come learn how to enhance that energy flow to specific organs. You will also practice learning and balancing the energy that flows through the energy highways in the body. 90% of class time will be hands-on practice. $55. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Banishing Stress and Toxic Emotions with Kevin Laye • Sept. 28, 10 a.m.-5 p.m. • This day-long workshop is an introductory course in the healing methodology known as TFT. TFT is known to provide immediate and lasting relief for those suffering from addictions, anxieties, phobias, post-traumatic stress, and even physical pain. You will learn tapping sequences that are individually tailored to your needs, release of life-long patterns, and deep emotional issues. $210 with pre-registration discount offered. Call Donna at 417-3884, donnaryen@aol.com or kevinlayeusa.com.

Opening to Your Healing Guides with Glenn Pailthorp • Nov. 24, 2-4 p.m. at Crazy Wisdom Community Room • Guided meditations will help you open key chakras for seeing, hearing, and feeling your guides and their healing gifts. $20 suggested. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Rainbow of Information on Energy Techniques with Sandra Kay Cehr • Sept. 22, 3-5 p.m. • One in a series of monthly afternoon talks, join us and become aware of your body being like a computer storing and sending data through your electromagnetic fields. Learn how changing your mind moves your muscles and how to free yourself from emotional and physical pain. $20. Call Prachi at 734-449-4381; prachi17@gmail.com or sandrakaynow.com.

The Rudolf Steiner Health Center is recognizing its tenth anniversary this fall with a celebration at the center on September 22nd. Rudolf Steiner Health Center is the only inpatient anthroposophy medical clinic in the US. For more information, email info@steinerhealth.org. (For details on this event, see the listing under the Anthroposophical Medicine section of the Calendar on page 85.)

Exhibits

Black Belt Testing/Honorary Black Belt Presentation with Quest Martial Arts • Oct. 20, 1:30-3 p.m. • Free community event with pizza and refreshments served! Watch as students demonstrate their skills and test to earn a Black Belt. A member of the local community is also being awarded an honorary Black Belt for the work they do. Free. Call Clayton at 332-1800; questcenter@sbcglobal.net or quest-martialarts.com.

Feng Shui & Sacred Space

Smudging, Blessing, and Clearing Your Healing Space with Carol Clarke • Oct. 4, 7-8:30 p.m. • $25 includes handouts and some clearing utensils. For more information, call 757-8239; cclarke2005@hotmail.com or akuatouch.com.

Film

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and the film. Concessions are available. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Sept. 27 • When the Iron Bird Flies
Oct. 25 • Limitless
Nov. 22 • The Razor's Edge
Dec. 20 • Journey of the Universe

Fundraisers

Annual Great Green Recycling Yard Sale at Zen Buddhist Temple • Aug. 31-Sept. 2: Sat. 9 a.m.-5 p.m., Sun. Noon-5 p.m., Mon. 9 a.m.-5 p.m. • The Temple collects and refurbishes quality items of furniture and household items, books, etc. (but no clothes) throughout the year. We strive for the sturdily useful, but you never know what exciting bit of treasure you may find. This exciting event always draws hundreds of environmentally-caring people and bargain hunters. Come join the fun! Call 761-6520; annarbor@zenbuddhisttemple.org.

5th Annual Walk for Peace with Lighthouse Center • Sept. 14, Gather at 9:30 a.m., Walk 10-Noon • All are welcome to join Lighthouse Center members and friends for peace in our lives, our communities, our country, and the world. Print out your own sponsor sheet at our website. No cost. Enlist friends to sponsor your walk. Call Becky at 734-649-1234; blk1925becky@aol.com or lighthousecenterinc.org.

Healing

Chakra Magic: Balancing Your Life Force with Ruth Owens • Sept. 14, 10 a.m.-Noon • Being in good health is much more than just maintaining your physical body. You have spiritual centers that will enhance your great physical health when they are in balance. These are your chakras, the spiritual energy centers of the body. This workshop will give you an understanding of our "energetic" bodies and why it is important to keep the main chakras of the body clear and balanced. $60. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Healing Touch Level 1 with Barb McConnell • Oct. 26-27 • Leran 12-15 basic techniques to balance and energize the human energy system and promote healing. Includes lecture, demo, and hands-on practice. $290 includes notebook. For times, call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Level 2 with Barb McConnell • Sept. 7-8 or Dec. 7-8 • Attend this workshop if you've completed Level 1. Learn intake interview, full body, and back techniques plus a one-hour healing sequence. $290 includes notebook. For times, call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Level 3 with Barb McConnell • Nov. 8-9 • This class is about you. Learn how to increase your energy level to facilitate a deeper healing in your clients. Chelation, lymphatic drain, additional back techniques, and documentation are included. $290 includes notebook. For times, call 517-914-4133; mcconb51@bigplanet.com.

Transformational Healing Retreat with Self Realization Meditation Healing Centre • Nov. 9, 11:30 a.m.-Nov. 11, 1:30 p.m. • This retreat includes a private appointment to receive natural spiritual healing and learn a healing breath, a group transformation Hatha yoga class for all levels and abilities, time for meditation together or on your own, and free time to rest, read, contemplate, walk in nature or whatever else your heart calls you to do. $240 includes accommodation and meals. Call 517-641-6201; info@selfrealization-centremichigan.org or selfrealizationcentremichigan.org.

SoulWorks: Pathways to Perfection with Dana Norris and Deb Foggio • Nov. 16, 10 a.m.-5 p.m. • Finding your way in life takes time, energy, and attention. Balancing your body, mind, and spirit puts you on the right pathway to your best life, your destiny. Spend time honoring yourself with an afternoon of pampering, healing, and enhanced connection to your spiritual wisdom. $170. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Banishing Sugar and Food Craving/Addictions with Kevin Laye • Sept. 27, 6-10 p.m. • Quickly and efficiently banish sugar cravings and other food addictions with Thought Field Therapy (TFT). You will learn specific tapping sequences that are individual to your needs. Using what you learn in this short workshop, you can “tap out” unhealthy cravings that may try to come back. $105 with pre-registration discount offered. Call Donna at 417-3884; donnaryen@aol.com or kevinlayeusa.com.

An Evening with Kevin Laye • Sept. 26, 6:30-9 p.m. at Crazy Wisdom Community Room • Come and discuss Thought Field Therapy (TFT), “Havening” and healing work. Includes a live healing demonstration with an informal Q & A to follow. $10. Call Donna at 417-3884; donnaryen@aol.com or kevinlayeusa.com.

Body Mind Healing and Integration with Glenn Pailthorp • Oct. 13, 11 a.m.-4 p.m. • Combining guided meditations, body awareness exercises, and gentle yoga, you will connect to your body in ways you may not have thought possible. $90 with pre-registration discount offered. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Distance Healing for Self and Others with Glenn Pailthorp • Dec. 8, 2-4 p.m. • Using meditative techniques, we will clear our energy field and open our heart and third eye chakras, making remote healing easier. $20 suggested. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Herbs, Plants & The Garden

Herbal Wisdom Series with Linda Diane Feldt • 7-8:30 p.m. at Crazy Wisdom Community Room sponsored by People’s Food Co-op • All evenings are free. To pre-register, call Karen at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.
Sept. 17 • Distinguishing Between Nourishing and Medicinal Herbs • Traditional herbology includes nourishing systems of the body as well as addressing symptoms. This class is a great introduction to the range of herbal approaches and preparations, and clarifies many of the misunderstandings in comparing herbs and pharmaceuticals.
Oct. 15 • Herbal Wisdom Stories • After more than three decades of herbal experience, Linda has some great stories to tell. Some are funny, some are wise, and some are just great to learn from. Join us for a storytelling evening and learn about herbalism in context.
Nov. 19 • What is Dangerous? • One of the most commonly asked questions of an herbalist is “What is dangerous?” We’ll answer this both practically and philosophically. We’ll examine how to be safe and effective using herbal medicine as well as the best use and misuse of fear in medicine and wellness.
Dec. 17 • Herbal Support for Diabetes, Metabolic Syndrome, and the Pancreas • We’ll explore working with conventional treatments, prevention strategies, and the ways herbs can support or harm your metabolic health.

> Hatred does not cease through hatred at
> any time. Hatred ceases through love.
> This is the eternal rule.
> ~ Buddha

Bach Flower Remedy Therapies with Laurie Akerros • Oct. 26-27, 9 a.m.-5 p.m. • Students will experience an in-depth study of each of the 38 Bach Flower essences, as well as learning how to tell if someone might benefit from a particular essence, how to properly prepare and store the remedies, and how to make your own! $195. Call 369-0700; lakerros@hotmail.com.

Workshops at BLOOM! Garden Center • Free. Call Gretchen at 426-6600; events@bloom-gardens.com or bloom-gardens.com.
Bulb Workshop with Stacey • Sept. 2, 10-11 a.m. • Flower bulbs are a great way to inject color into the landscape. You will learn everything you need to know about successfully planting fall bulbs that will flower the following spring.
Tree Identification Workshop with Wade • Sept. 28, 10-11 a.m. • Dazzle your friends with your tree identification skills! You will learn the basics of identifying common landscape trees and conifers.
Fall and Winter Garden Maintenance • Oct. 12, 10-11 a.m. • The days are getting shorter and the temps are cooler, which means it’s time to ready your garden for the long winter ahead. You will learn about planting and dividing perennials, proper soil amendment, protecting vulnerable plants, and other garden maintenance tasks.
Fall and Winter Pond Maintenance with Cory • Oct. 19, 10-11 a.m. • You will learn all the fall maintenance tips you need to keep your pond plants and pets happy over the winter.
Fall Floral Arrangement Workshop • Oct. 26, 10-11 a.m. • You will learn how to create floral arrangements that capture the beauty of the Autumn season.

Center for Sacred Living
Your healing needs are unique!

We are having an Open House!
Come see our healing space and meet our amazing practitioners.

We offer a wide variety of healing modalities:
Acupuncture, Chiropractic, Psychotherapy, EFT, Spiritual Direction, Allergy Antidotes & NMT, Massage, Energy Healing, Clairvoyant reading, CranioSacral Therapy, and more.

A few of our talented healers....

The Open House is Sunday, October 20th, 2-5pm
210 Little Lake Dr. Suite 7 Ann Arbor.

www.CenterForSacredLiving.com

Holistic Health

Polarity Therapy Level I with John Bodary and Karen Kerns • Sept. 7 and 21, Oct. 5 and 19, Nov. 2 and 16, Dec. 14 and Jan. 4 • This is an introduction to the theory of Polarity Therapy by Randolf Stone and prepares the student for hands-on techniques. We will teach Presence or how to energetically hold oneself as a practitioner. $65 registration fee plus $80 per class (eight classes total) includes one-on-one supervisions with the instructor. For times, call Betty at 313-647-0038; kernskm64@yahoo.com or polaritycenter.com.

Polarity Therapy Level II with John Bodary and Karen Kerns • Sept. 14-15, Oct. 12-13, Nov. 9-10, Dec. 7-8 • Deepen Polarity therapy theory plus two supervisions per weekend, one hour each. $275 per weekend. For times, call Betty at 313-647-0038; kernskm64@yahoo.com or polaritycenter.com.

Polarity Therapy Level III with John Bodary and Karen Kerns • Sept. 28-29, Oct. 26-27, Nov. 23-24, Jan. 11-12 • Deepen Polarity therapy theory plus organize treatment protocol for clients, with some diet education and Polarity exercise. $275 per weekend. For times, call Betty at 313-647-0038; kernskm64@yahoo.com or polaritycenter.com.

Natural Health Seminar for the Deaf and Hard of Hearing with Cindy Klement and an ASL Interpreter • Nov. 16, 9 a.m.-1 p.m. • This class will be presented with the deaf and hard of hearing in mind. As we share information on enhancing health and healing with herbal medicine, nutrition, and natural body cleansing/detoxification, the combination of elevated volume and the talents of an ASL interpreter will enhance the learning experience for attendees. $35. Call Sharon at 276-2970; cindyklement@gmail.com or cindyklement.com.

Clarifying Choices in the Vitamin and Natural Bodycare World of Products with Heather Brumwell • Sept. 13, 6-7:30 p.m. • Have you ever stood in front of a shelf full of vitamins or bodycare products and wondered which one is right for you? Join us as we talk about some ways to clarify the choices out there and find clues in the search for the treasures that support your body. $5. Call 748-5538; heatherbrumwell@gmail.com.

The Crazy Wisdom Calendar

Holistic Health (continued)

Heartmath for Health with Melanie Fuscaldo • Sept. 10, Noon-1:30 p.m. • Learn a strategy to bring harmony to your brain, heart, and nervous system for positive health, with emotional and spiritual results. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Relaxation for Body, Mind, and Spirit with Self Realization Meditation Healing Centre • Dec. 14, 11 a.m.-5 p.m. • Nurture yourself. This day includes a relaxing yoga class, vegetarian lunch and refreshments for your body, quiet time for your spirit, and an optional pure meditation foundation class for your mind. $39 includes lunch. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Thermography with Adelpha Breast Thermography • Sept. 12, Noon-6 p.m. • Infrared thermography is a noninvasive technique that is safe, affordable, easy, requires no compression or pain, no contact, and is the earliest detection of functional psychological changes in the breast tissue. It measures the heat emission naturally occurring from the body and displays them on a computer. $150. Call Bodyworks Healing Center at 734-416-5200; info@bodyworkshealingcenter.com.

> Every morning, when we wake up, we have twenty-four brand-new hours to live. What a precious gift! We have the capacity to live in a way that these twenty-four hours will bring peace, joy, and happiness to ourselves and others.
>
> ~ Thich Nhat Hanh

Health Force Center Vegetarian Potluck Dinner, Lecture, and/or Documentary with Robert Lewanski • Last Saturday of each month • Vegetarian potluck with local speakers or documentary films on health, life, spiritual teachings, metaphysics, meditation, yoga, and chi kung. $2 with food or $5 without food. Call 248-680-8688; healthforcecenter@gmail.com or healthforcecenter.com.

Returning to Wholeness with Markus Koch • Nov. 13, 7-9 p.m. • Koch will talk about his NFL (National Football League) experience and the transition through mental and physical struggles to a return to wholeness to becoming a health care practitioner. His studies have been both scholastic and experiential, in going through the process of transforming his own issues resulting from a six-year career in the NFL. Free. Call Carolyn at 734-475-1892; manager@mfcenter.org or mfcenter.org.

Health Awareness Seminar with Mark Chappell-Lakin • Sept. 3-Dec. 17: Tuesdays, 6:30 p.m. • These talks are designed to provide information on how chronic conditions come about, why injuries beginning at birth cause us to live at less than our potential, and some possible solutions that will increase quality of life for the rest of your life. Free. Call 686-3035; livewellchiropracticcenter@gmail.com or livewellchiropracticcenter.com.

Homeopathy

Castle Remedies Introduction to Homeopathy with Mary Tillinghast • Choose from one of the following sessions: Saturdays, 2-4 p.m.: Sept. 7, Oct. 5, Nov. 9, Dec. 14 or Tuesdays, 7:30-9:30 p.m.: Sept. 24, Oct. 15, Nov. 12, Dec. 3 • The goal of this class is to become comfortably familiar with choosing homeopathic remedies for common symptoms for yourself and loved ones. Infants and husbands welcome. $60. Call 973-8990; marytillinghast@gmail.com or castleremedies.com.

Hypnosis

Past Life Regression with Glenn Pailthorp • Dec. 22, 2-4 p.m. at Crazy Wisdom Community Room • Learn simple self-hypnotic methods that can help you recognize patterns and multi-life relationships that will make this life easier. $20 suggested. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Infant Massage

Infant Massage and Attachment with Sierra Hillebrand • Sept. 24-Oct. 15 or Oct. 29-Nov. 19: Tuesdays, 11:15 a.m.-12:30 p.m. • Develop loving communication and attachment with your baby through the ancient art of infant massage. During this four-week class series, parents will have opportunities to develop deeper communication with their baby, and establish routines that reduce infant fussiness, enhance sleep, and facilitate relaxation for parents and babies. $110. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

International

Fall Reception with International Neighbors • Sept. 19, 1-3 p.m. • Area women are invited to sign up for a variety of interest groups, including conversation (English, French, German, Spanish, and Japanese), hiking, movies, books, knitting, painting, and many more. Free. Call Gretchen at 995-1645; gretchenfarah61@gmail.com or international-neighbors.com.

Intuitive & Psychic Development

Drop-In Intuitive Readings with Irena Nagler in the Crazy Wisdom Tea Room • Second and Fourth Fridays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. $1 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Public Spirit Gallery with Lisa Bousson • Oct. 10, 6:30-8:30 p.m. at Crazy Wisdom Community Room • This is a public demonstration of mediumship for a group of participants. Receive peace and enlightenment as Lisa reconnects you with your loved ones in the spiritual realms. $25 or $20 pre-pay. Call 586-322-3217; lisa@lisabousson.com or lisabousson.com.

Teleconference Focused Mind Meditation Practice Session with John Friedlander • Sept. 1, Oct. 6, Nov. 10, Dec. 1; 10 a.m.-Noon • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. Each participant will both leap ahead with his/her spiritual abilities, and also make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. $15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Teleconference Seven Planes of Consciousness Practice Session with John Friedlander • Sept. 17, Oct. 16, Nov. 20, Dec. 18; 8-9 p.m. • Continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the Theosophical literature of the early 1900s. The Theosophical writers brilliantly described the whole scope of human potential - synthesizing eastern, western, and channeled material in a relatively easy to understand schema of the 49 sub-planes. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Teleconference Kundalini Meditation and Clearing with John Friedlander • Sept. 24, Oct. 22, Nov. 26, Dec. 24; 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Continued Exploration with Etheric Energy with John Friedlander • Sept. 14, 9 a.m.-6 p.m. and Sept. 15, 9 a.m.-3 p.m. • The continued clairvoyant exploration using etheric energy continues to build on knowledge and experience of previous etheric classes, but is presented in such a way that those with a beginner's understanding can attend. $250 with early payment discount offered. Contact Gloria at hemsherglo1@yahoo.com or psychicdevelopment.cc.

October Intensive 2013 with John Friedlander • Oct. 28-Nov. 1: 1-5 p.m. and 7-9 p.m., Nov. 2, 9 a.m.-6 p.m., and Nov. 3, 9 a.m.-3 p.m. • Deep sustained meditation and training, spending one day on each of the seven major chakras from a clairvoyant, technical, sophisticated perspective. Prerequisite: Foundations Level I or instructor's permission. Cost varies. Contact Gloria at hemsherglo1@yahoo.com or psychicdevelopment.cc.

Psychic Development Series: Psychic Development 1 with Deb Foggio • Four Thursdays: Sept. 12-Oct. 3, 7-9:30 p.m. • Your psychic/intuitive talents are a tremendous part of your communication paradigm. We access so much information unconsciously, and we put that information to use everyday. The first module of the series guides students through the process of connecting with and developing their psychic ability. $160. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Psychic Development 2 with Deb Foggio • Four Thursdays: Oct. 10-Nov. 7, 7-9:30 p.m. • The class guides students through the study of the history of different modalities used to connect with and express the psychic energies and talents. More hands-on experiential work is emphasized to help the students expand and understand their own unique gifts and their expression as well as learn the technical aspects of the work. $160. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Psychic Development Work Circle with Deb Foggio • First and Third Monday: Sept. 9-Dec. 9, 7-9:30 p.m. • Where do you go when you have developed your psychic/intuitive abilities and you have no place to practice? Each month, there is a different modality that is practiced and expanded upon. Come share what you know with other experienced practitioners or learn something new as you expand your experience base. $20. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Readers/Healers Night with Deb Foggio • Second Monday of each month: Sept. 9-Dec. 9 • An evening of reading, healings, and connecting. This is an opportunity to experience many wonderful healing and spiritual modalities by gifted practitioners. You can explore different types of readers, intuitives, and mediums, or you can try the many different types of healing experiences available. $5 with extra charge for readings/healings. For times, call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Walking Your Destined Path: A Toe Reading Workshop with Deb Foggio • Oct. 7 and 21, 1-3 p.m. • Toe reading can certainly be a fun and entertaining parlor game. However, people will accuse you of being psychic because you can become so accurate. Toe reading is a way to create deep insight into your own life or the lives of others by understanding that toes and the sole of the foot are a hologram for everything that has happened in one's life: major challenges, issues, events, and a person's destiny are stored in the toes. $115. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Psychic Development: Advanced with Deb Foggio • Nov. 14, 21, Dec. 5, 12, 19 • This class is for students who have embraced their gifts and desire to expand their understanding and knowledge of the more spiritual aspects of the psychic realm. It includes instruction on how to become a spiritual/psychic/intuitive reader. More complicated modalities are taught and students study experientially to begin to perfect the technical as well as personal understanding of each process. $215. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Heart Based Intuitive Development with Melanie Fuscaldo • Sept. 20, Noon-1:30 p.m. • Develop your intuition with heart based techniques to discover information about career, relationship, health, and spiritual goals. Explore inner purpose and career path. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Ghosthunting 101 with Beverly Fish • Oct. 19, 7-9 p.m. • Beverly has been speaking to spirit people since she was a young child and discovered the ghost who lived in her home. Come and hear some of her experiences with the paranormal and share some of your own encounters. $10. Call 484-1897; beverly.fish@comcast.net or marterparanormal.com.

Exploring Your Inner Guidance for Healing with Glenn Pailthorp • Sept. 8, 2-4 p.m. • Enjoy guided meditations, journaling, and drawing to tap into the unconscious for healing messages and resources. $20 suggested. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Intuitives Interactive with Amy Garber • Sept. 1, 15, Oct. 6, 20, Nov. 3, 17, Dec. 1, 15; 2:30-5 p.m. • For intuitives, indigos, and the curious wishing to explore metaphysical topics with like-minded individuals in a safe space. Includes exercises to develop more deeply as an intuitive, demonstrations by practitioners, discussion, sharing, and social time. Donations requested. Doors open at 2 p.m. Call 358-0218; intuitivesinteractive@hotmail.com or meetup.com/intuitives-interactive.

Intuitives Interactive Psychic Fair • Oct. 26, 10 a.m.-4 p.m. • Join us for a day of insight, guidance, and health. This event was so popular in June that we've expanded it! Local readers will provide psychic and channeled readings as well as tarot and angel card readings. Get an intuitive drawing done, experience energy work, shop at vendors' tables, and attend a lecture or two. For cost, call 358-0218; intuitivesinteractive@hotmail.com or meetup.com/intuitives-interactive.

> Throw your dreams into space like a kite,
> and you do not know what it will bring
> back: a new life, a new friend, a new love,
> a new country.
> ~ Anais Nin

Iridology

Practical Iridology and Herbal Medicine with Steven Horne • Oct. 26, 9 a.m.-5 p.m. • This class will provide you with a very practical approach to using iridology to help you match the right herbs and supplements to people's needs. Rather than trying to explain all the intricacies of iridology, we'll focus on the major patterns and signs, what questions to ask the client when you see them, and what recommendations to make when their health problems match the constitutional patterns found in their eyes. $97. Call Cindy at 975-2444; cindyklement@gmail.com or cindyklement.com.

Kabbalah

Practical Application of Kabbalah: Transformational Year-Long Journey through the Tree of Life with Karen Greenberg • Monthly for 12 months: Sept. 10, Oct. 1, Nov. TBA, Dec. 3; 7-10 p.m. • Learn how to identify your soul's purpose and how to financially support yourself living it. Learn how to develop a personal relationship with the Creator/Higher Power, how to identify, express healthily, and clear low vibrational emotions, limiting thought beliefs, and patterns, how to work toward optimal health and relationships, and how to organize your life and living conditions. $137 per month. Call Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Claiming Your Truth: A Woman's Path to Inner Knowing with Lucinda Kurtz • Sept. 22 and Seven Tuesdays starting Sept. 24 • In this seven-week journey, we will explore, from a feminine perspective, the mystical path of deep relationship between self and the divine using the Kabbalah as our guiding foundational system. Surrounded by the beauty of the natural world in our setting, you are invited to ask the primary question, How can I embrace my unique truth and play my part in the process of creation? Using rituals, practices, energetic exercises, music, connection to nature, and our own stories, we will form a safe and sacred circle to connect with ourselves and each other. $200 with sliding scale available. For times, call 635-9441; lucindakurtz@comcast.net.

Life Transitions

Journeying in Life Toward Death with Melba Beine • Sept. 13, 10 a.m.-3 p.m. • We will discuss being in charge of your health, including a healthy lifestyle, tests, medication, and talking to your doctor. We will also cover diminishment - accepting limitations and progressive lifestyle changes - and the end of the life journey. $35 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Love & Relationships

Mindful, Loving Relationships - Gestalt Style with Sheree Johnson • Sept. 29, 1-4 p.m. • Explore ways to build and sustain mindful relationships with partners and loved ones. Learn how cultivating "presence" and "authenticity" strengthens connections and deepens the experience of intimacy. $75. Call 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Eating for Emotional Reasons and How To Do It Differently with Karen Greenberg • Sept. 22, 5-9 p.m. • Learn how to embrace, rather than avoid, your emotions. Learn how to identify, feel, and express all sorts of emotions in a healthy manner. Learn how to have intimacy with yourself, rather than intimacy with food. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Adam Kadmon: Full Light Body Activation with Karen Greenberg • Nov. 3, 2-8 p.m. • Work toward creating the divine union energy between you and your mate. Learn to flow an infinite energy exchange between you and your mate with full light body activation. Live blissfully in unity consciousness. $295. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

True Love 101: Discovering, Creating, and Sustaining True Love with Nancy Davis • Sept. 7, 1-4:30 p.m. • We will discuss discovering, creating, and sustaining true love, including the three stages of relationships, and learning "Truly Loving Practices" for sustaining love. $15 each or $20 for couples. Call Joe at 395-5857; jsummers@umich.edu.

Helping Couples Thrive: Relationship Enhancement for Couples with Barbara Boyk Rust and James Rust • Oct. 3, 10, 17, 24; 6-7:30 p.m. • This is a four-session psychological-educational program designed to assist couples in developing skills to increase understanding, improve communication, develop more meaningful bonds, and have more fun together. Topics include communication, resolving conflicts, collaboration, and connecting. Practical exercises will be used throughout the series to support you in building flexibility and increasing the resilience of your relationship. $175 for the series. Call James at 994-5032; jamesrustmsw@rustpractice.com.

Harmony of Energy for Couples with Wasentha Young • Thursdays: Oct. 10-31, 6-7:15 p.m. • These sessions, both active and contemplative, will support new ways to listen, connect, and sense your partner in a nurturing way that can deepen your relationship. This series is for couples in a committed relationship only. Orientation - open. $250 per couple. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Massage

Sports Massage for the Active Athlete with Carol Clarke • Sept. 26, 7-8:30 p.m. • This is a presentation on the benefits of Sports Massage and Bodywork for the very active athlete to the weekend warrior. Free. Call 757-8239; cclarke2005@hotmail.com or akuatouch.com.

Massage School Informational Orientation with Lennen Chance • 10 a.m. sessions: Sept. 2, Oct. 7, Nov. 4, Dec. 4, 19, 23; 6 p.m. sessions: Sept. 25, Oct. 22, Nov. 20, Dec. 11 • Thinking of becoming a massage therapist? Attend one of our informational orientations to learn what our program is all about and why our alumni are so successful. Learn Swedish, Reflexology, Thai, Shiatsu, Myofascial Release, Sport Massage, and Neuromuscular Therapy! Free. Call 677-4430; lchance@aaimt.edu or aaimt.edu.

Meditation

Sitting Meditation and Discussion with Karma Thegsum Choling • Wednesdays: Sept. 4-Dec. 18; 7:30-8:30 p.m. • Sitting meditation followed by discussion of recorded teachings by Karma Kagyu teachers, Khenpo Karthar Rinpoche, Bardo Tulku Rinpoche, and Khenpo Urgen Rinpoche, lead by senior KTC students. Everyone welcome. No cost. Call 761-7495 or 678-7549; AAKTC@yahoo.com or kagyu.org.

A Multi-Level Healing Approach ~ Meeting the Complex Needs of Clients

By Tiffany Mazurek

Photos by Joni Strickfaden

Tiffany Mazurek is a psychotherapist as well as a craniosacral and massage therapist. She is the co-owner of The Center for Sacred Living.

On a typical day, I may arrive to work to greet a pregnant woman. As she follows me into the office, she discusses her fears that the baby is presently in the wrong position and that her first pregnancy resulted in a cesarean delivery. During our session, we use craniosacral therapy to open up the pelvis, making room for the baby to move. Throughout the session, we process her fears about the delivery, and I assist her in relaxation by using some guided visualization and energy clearing techniques. Two days later, I receive a call canceling our follow-up session as the baby had not only turned, but had been delivered successfully without needing a cesarean.

Next, I might work with a veteran who has experienced multiple head traumas during his time in a war zone. This client deals with chronic pain, anxiety, and depression, and one of his goals is to be off the heavy pain medications that he has taken for years. Through a combination of massage and craniosacral therapy, he is able to lower his dosage. His pain and anxiety begin to decrease, and he feels that his overall quality of life is starting to improve.

Another client I might see is a young adult in her twenties dealing with anxiety and depression. This client feels overwhelmed by life and just wants to feel "normal." With bodywork and psychotherapy, she begins to see how her thought patterns are not only affecting her mood but also her physical body.

These are just a few stories of those whom I am blessed to work with in my private practice. The examples represent a combination of clients, no one specific person. But they illustrate how a variety of techniques can be useful for individuals.

> I began working in foster care, and then moved to a nonprofit agency where I counseled survivors of child abuse and sexual assault. Within a couple of years, I realized that something was missing. Traditional therapy wasn't enough for many people.

Nineteen years ago, I completed my graduate studies in social work at the University of Michigan. I believed I was well prepared to begin employment in a field where I could make a difference in the lives of individuals and families. I began working in foster care, and then moved to a nonprofit agency where I counseled survivors of child abuse and sexual assault. Within a couple of years, however, I realized that something was missing. Traditional therapy wasn't enough for many people. I became curious about incorporating bodywork into therapeutic techniques with clients, as I saw how important it was to integrate the person with his or her body. I knew I was inherently a holistic practitioner.

I first discovered craniosacral therapy for my own personal healing and growth. Craniosacral therapy is a holistic healing practice that uses very light touch to balance the craniosacral system in the body, which includes the bones, nerves, fluids, and connective tissues of the cranium and spinal area. It releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. It served me very well emotionally and physically. After experiencing this amazing treatment I fell in love with it, and knew this was another tool for many of the clients I worked with at the nonprofit agency.

The final push came one day when a client asked me about adding massage as part of her healing, and I encouraged her to do so. She found a massage therapist and scheduled an appointment. When she returned the following week, she reported that the appointment had not gone well. While on the massage table, the client had experienced an emotional release, a common reaction for people who have dealt with traumatic incidents. Unfortunately, the massage therapist was neither prepared nor skilled in dealing with this type of reaction. I felt as though I had let my client down. I decided that I would never again recommend treatment without first having a referral to someone I trusted. However, I didn't know any massage therapists at the time, so I decided to further my education by attending a massage therapy program.

When I first started my private practice nine years ago, I was feeling the effects of compassion fatigue and burn out. I thought how wonderful it would be to just give a nice, relaxing massage for a while. I soon realized how foolish that notion truly was, as I continued to draw clients who would open up at different times and share their history of depression, anxiety, abuse, and other issues. More often than not, they would come in for a massage and end up talking about the issues contributing to the tension in their bodies.

> While many see bodywork as a luxury — something that you treat yourself to while on vacation or when you want to be pampered — others recognize the need to include it as part of their regular healthcare regimen.

I am lucky to have my private practice at the Center for Sacred Living. I get to work with a wide variety of clients with different needs. I also get to work with many other healers that offer things that I do not. I love my work and consider it an honor to participate in another person's healing journey.

While many see bodywork as a luxury — something that you treat yourself to while on vacation or when you want to be pampered — others recognize the need to include it as part of their regular healthcare regimen. And psychotherapy, once considered necessary only for those with profound emotional challenges and/or mental illness, has long lost its stigma and become recognized as an important modality for healing and change.

On a daily basis, we are barraged by stress. We live in a fast paced world where the news is filled with disturbing stories. Many people live in fear. This takes a toll on our bodies and our minds.

On a daily basis, we are barraged by stress. We live in a fast paced world where the news is filled with disturbing stories. Many people live in fear. This takes a toll on our bodies and our minds. In combining different treatment strategies, we can access multiple levels of healing and reconnect with our inherent state of wellness.

Tiffany Mazurek, L.M.S.W., A.C.S.W., N.C.T.M.B., is a psychotherapist as well as a craniosacral and massage therapist. She is the co-owner of The Center for Sacred Living located in Ann Arbor at 210 Little Lake Drive, Suite 7. She also teaches in the Schoolcraft College Massage Therapy Program. For more information, visit www.sacred-healing.com or www.centerforsacredliving.com. Tiffany can be reached at (734) 709-2096.

In combining different treatment strategies, we can access multiple levels of healing and reconnect with our inherent state of wellness.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 112.

Meditation (continued)

Free Guided Full Moon Meditation from the Comfort of Your Home with Dave Krajovic • Sept. 19, Oct. 18, Nov. 17, Dec. 17; 9-9:30 p.m. • There is no cost to connect! Tap into powerful energies, clear negativity and stress, raise your vibration, gain mental clarity, relax, and connect to source. The more that participate, the greater the energy, the more powerful the effect. Free. Call 734-416-5200; info@bodyworkshealingcenter.com.

Sunday Morning Sitting with Insight Meditation Ann Arbor • Sundays, 10-11:30 a.m. • 45-minute group meditation followed by a talk and sharing. Free. Call Susan at 945-7612; info@insightmeditationannarbor.org or IMA2.org.

Foundations of Meditation I with Kapila Castoldi • Sept. 21, 28 and Oct. 6; 3-5 p.m. at Crazy Wisdom Community Room • Series of three introductory sessions offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques; exploring meditation on the heart center; the awakening of inner awareness; and the role of music and mantras. Free. Call 994-7114; castoldi@oakland.edu or meditation-annarbor.com.

Meditation Class with Mary Fran Uicker and Carol Quigley • Oct. 1, 8, 15, 22; 6:30-7:30 p.m. • Meditation helps to cultivate relaxation and attention. Meditation also allows us to explore our essential nature, restoring wholeness in our lives. Join us for this time-tested practice that reduces stress, improves mental and physical health, heightens awareness, and fosters a spirit of gratitude. $30. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Pure Meditation Course including Raja Kriya Yoga with Self Realization Meditation Healing Centre • Oct. 20-26 • Fly to self realization; find and live your true spiritual self. This is the ultimate course for the whole being - mind, body, and spirit. Realize the God within and bring love, peace, joy, and fulfillment to all aspects of your life. $765 includes accommodation and meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • Oct. 11, Dec. 14 or Dec. 30; 3-5 p.m. • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, it helps you to be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. $60 includes book and follow-up appointment. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Open Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Every Monday-Thursday and Saturday, 8:30 p.m. • The Centre is open for quiet reflection, silent prayer, and pure meditation. Everyone of all faiths, meditation practices, and traditions is welcome. Winged prayer for all in need at 9 p.m. Please come and go as you wish. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Weekly Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7-8:30 p.m. • Each week, we have an inspirational reading, a long chant, and 20 minutes of meditation. Free. Call Dunrie at 726-0318; symcannarbor@gmail.com or symcannarbor.org.

Living Gently: Practicing Mindful Self-Compassion with Anita Rubin-Meiller and Robert Piper • Ten Tuesdays starting Sept. 10, 6-8 p.m. • Through meditation practices, experiential exercises, and discussion, this group will help develop skills for mindful self-compassion, lovingkindness, and self-forgiveness. These skills assist the letting go of shame and self-judgment, and change ineffective patterns of coping with emotional pain. $40 per session with sliding scale available. Call 332-0669; anita1018@sbcglobal.net or gentlebe-ing.com.

Art of Mandala with Joan Skolimowski of VEO Art Studio • Oct. 24, 6-9 p.m. • This class is an introduction to a unique form of art - the mandala. The term mandala comes from India and signifies a sacred circle that contains many hidden artistic expressions. Participants will learn about mandalas as an art form and how they are created, then will be guided in making two mandalas. $30. Call Elizabeth at 417-6326; info@veoartstudio.com or veoartstudio.com.

HeartSounds: Vibrational Sounds Meditation for the Soul with Dana Norris • Sept. 18, Oct. 16, Nov. 20, Dec. 18; 7:30-9:30 p.m. • Experience a very unique meditation with the use of crystal and metal Tibetan singing bowls, bells, and chimes. These powerful vibrational sounds penetrate the body and allow for a very powerful and profound meditation experience. $15. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

A Day of Workshops on Insight Meditation with Teachers of Deep Spring Center • Sept. 7, 9 a.m.-5 p.m. • This is a daylong offering of workshops that will explore insight meditation from many different levels. It is for those new to meditation but also those with experience. $40 or $20 for students or veterans. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Insight Meditation: Non-Dual Awareness and the Open Heart with Amy Koch • Sept. 22, Oct. 6, 20, Nov. 3, 17; 2-4 p.m. • In this series, we balance learning insight meditation practice with other forms of meditation that nurture non-dual awareness and open the heart, including pure awareness, sound, and breath, as well as deepen our awareness to our true nature. $110. Call Lea at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Meditation (continued)

Mindfulness-Based Stress Reduction with Libby Robinson • Mondays: Sept. 30-Nov. 18, 7-9 p.m. with a Free Introduction on Sept. 23, 7-9 p.m. • An accessible and secular mindfulness meditation class, developed by Jon Kabat-Zinn, that fosters non-judgmental awareness of the present moment. Significant research documents MBSR's effects on stress, pain, depression, and other ordinary human suffering. $350 includes cds with guided meditations, handouts, and a six-hour retreat on Nov. 10. Call 476-3070; libbyrobinson7@gmail.com.

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Thursdays: Sept. 26-Nov. 14; Afternoon class 1-3 p.m., Evening class 5:30-7:30 p.m. • Mindfulness-based practices are proving to be an effective approach for addressing depression and anxiety. Each week, you will learn new skills to help you change your relationship with anxiety and depression so that they interfere less in your life. Day of Mindfulness on Nov. 2, 9 a.m.-3 p.m. for both classes. $380. Call 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Introduction to Meditation with Deep Spring Center • Oct. 12 or Dec. 14 with Julie Wolcott • This is an introduction to insight meditation. No experience necessary. Wear comfortable clothes; cushions and chairs are provided. $24. For times, call 477-5848; om@deepspring.org or deepspring.org.

Ann Arbor Open Meditation with Libby Robinson, Frank Anderson, Diana Gonzalez, Brodie Burris, Joya D'Cruz, Frank Levey, and Paul Najar • Thursdays, 7:30-8:30 p.m. except Thanksgiving • Drop-in meditation sessions open to all with or without experience, led by experienced meditators. Meditations are secular (not religious) and primarily mindfulness with some concentration and loving kindness practice. Optional donations requested. Call Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Lunchtime Meditation and Sound Healing with Amy Koch • Six Fridays: Sept. 13-Oct. 18, Noon-1 p.m. • Are you looking for a quiet place where you can relax deeply and de-stress? Give yourself an hour to let go and return balance with the use of guided sound healing, breath, and imagery. No experience with sound healing necessary. $60 for the series of $12 drop-in. Call Lea at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Sound Bath with Amy Koch • Aug. 28 and Oct. 2, 7-8:30 p.m. • A sound bath is a concert of sacred sounds. The term "sound bath" is used because you are bathed in the vibrations of all the instruments used. Amy typically plays a combination of a planetary gong, crystal and Tibetan singing bowls, as well as overtone vocal chanting. You will lie on the floor, on a yoga mat or blanket, and take in the vibration in alignment with your intentions. Free. Call Lea at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

A Day of Solitude and Meditation Practice, led by Carol Blotter • Sept. 15 and Nov. 10 at Michigan Friends Center • This is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. Instruction is available for those who wish it. These retreats are fundraisers for the benefit of the Michigan Friends Center and Deep Spring Center. For times, call 475-0942; cb.meditate@gmail.com or chelseameditation.com/retreats.

Finding Joy Amidst the Daily Grind with Erica Dutton and Lisa Zucker • Sept. 17-Oct. 22: Tuesdays, 7-9 p.m. • So many times, meditation can be difficult, grim or dour; but the Buddha promised joy. This series of classes are designed to explore how we can have joy and happiness in our lives even in the midst of difficult times. $56. Contact eld0306@yahoo.com or lisazucker27@gmail.com or om@deepspring.org.

Engaging with Subtle Energy on the Spiritual Path with Anna Marie Henrich • Oct. 29, Nov. 12, 26, Dec. 10; 7-9 p.m. • Quantum physics tells us that when we look at ourselves at the sub-atomic level, we are made up of moving particles and waves of energy. Mystics on the spiritual path have known this same truth for millennia. They discover it through direct inner experience using practices like Vipassana and pure awareness meditation and skillfully apply this "knowing" to further their spiritual growth and be of service in this world. $32. Contact spiritualinquiry@yahoo.com, om@deepspring.org or deepspring.org.

Consciousness and Its Objects: A Path to Liberation with Barbara Brodsky and Aaron with Teacher Assistant • Sept. 11, 25, Oct. 9, 23, Nov. 6, 20, Dec. 4; 7-9:30 p.m. • Starting with the basics of dependent origination: contact/consciousness/feelings/perceptions/mental formations/the active moment, recognizing the predominant object as this deluge of objects flows past. What pulls us off track? What resistance is there to presence with the predominant object and how do we work skillfully with resistance? $56. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Sunday Morning Meditation with Deep Spring Center • Sundays, 10-11:30 a.m. • Sitting meditation from 10-11 a.m. followed by mindful sharing. By donation. Call 477-5848; info@deepspring.org or deepspring.org.

Tuesday Morning Meditation with Deep Spring Center • Tuesdays, 6:30-7:15 a.m. • Please enter and depart in silence. No instruction provided. By donation. Call 477-5848; info@deepspring.org or deepspring.org.

Learn to Meditate with Nirmala Hanke • Sept. 27, Oct. 25, Nov. 29 • Introduction to meditation - learn how "all meditations are good" and how your thoughts are an essential part of the process. Talk followed by 20 minute meditation experience with a mantra. $35, $25 students or $15 repeat. For times, call Patricia 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available. No cost. Call 734-449-4381; cprachi17@gmail.com or lighthousecenterinc.org.

Intensive Meditation and Healing with Lighthouse Center • First and Third Fridays of each month, 7:30-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakras. Love offering. Call 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Thanksgiving Eve Meditation with Lighthouse Center • Nov. 27, Gather at 7 p.m. with meditation at 7:30-8:30 p.m. • Mantra meditation of gratitude and thanksgiving for all of our blessings, challenges, and lessons. Vegan potluck follows; no need to bring anything. Love donation. Call 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

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734-761-5908 at the Center for Sacred Living
RobertKoliner@aol.com

Christmas Eve Meditation with Lighthouse Center • Dec. 24, Gather at 6 p.m. with meditation at 6:30-7:30 p.m. • Meditation and Christmas carols celebrating the birth of Christ and the Christ light within us all. Love offering. Call 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

New Year's Eve Meditation with Lighthouse Center • Dec. 31, Gather at 11 p.m. with meditation at 11:30 p.m.-12:30 a.m. • Bring in the New Year in the highest vibration, meditating with us to release the old from 2013 and welcome in the new for 2014. Call 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Movement & Dance

Dances of Universal Peace with Judy Lee Trautman • Sept. 6, Oct. 4, Nov. 1, Dec. 6; 7-9 p.m. • Dances of Universal Peace were originated in the 60's in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. $5 donation. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

First Saturday Contra: Ann Arbor Community of Traditional Music and Dance • Sept. 7, 8-11 p.m. • All dances taught; no partner needed. Bring flat, smooth-soled shoes. $10 or $5 for students. Call 662-9290 or 769-1052.

Dreaming a Place: Environmental Dance and Movement Meditation with Irena Nagler • Sept. 18 and Oct. 9, 6 p.m. • Outdoor movement meditation in communion with elements in nature. $5-$25 sliding scale. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

Nia at A2Yoga with Megan Sims • Tuesdays, 6:15 and Sundays, 10:30 • Nia integrates dance, martial arts, and healing arts for an invigorating, dynamic, and joyous workout to music that facilitates weight loss and happiness while building strength, mobility, agility, balance, and rhythm. For cost, call 417-7020; megansims600@gmail.com or meganrose.org.

Music, Sound & Voice

Songwriters Open Mic hosted by Jim Novak • Sept. 3, Oct. 1, Nov. 5, Dec. 3; 7:30-9:30 p.m. • Acoustic open mic. Local and regional singer-songwriters play sets of three originals. Performances are videotaped for possible use on community access TV (CTN/Channel 17). Free. Call 747-7407; jimnovakmusic@gmail.com or www.ozmusic.com.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays, 8:15 p.m. • We welcome everyone of all faiths, meditation practices, and traditions to join us for devotional chanting (in English) to help open our hearts and go deeper into stillness and peace, followed by pure meditation and silent prayer at 8:30 p.m. with winged prayer for all in need at 9 p.m. Please come and stay as long as you wish. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Singing and Being Alive with Kathy Moore • Sept. 17-Dec. 17: Alternating Tuesdays, 6-7:30 p.m. • This new circle of sound is based on Kathy's own life work in singing and healing, as well as her recent studies and singing with Ysaye Barnwell of Sweet Honey in the Rock, and Bobbie McFerrin. Come to learn, breathe, share, support, self-care, and be your true self singing. Small group size. $280 for series of seven. Call 668-8146; kathy@moore-voice.com or moore-voice.com.

Nature Awareness

Public Lands Day with Leslie Science and Nature Center • Sept. 28, 10 a.m.-3 p.m. • Help get our trails, paths, fields, and woods ready for visitors. Tasks can include removing invasives, weeding, putting native plants into place, trail maintenance and clean up, and work to improve our natural play areas. Volunteers arrive at 9:30 a.m. and shifts are available for morning only, afternoon only or all day. Volunteers encouraged to bring lunch. We'll offer some behind-the-scenes peeks at our critters and raptors at lunchtime between shifts. Call Michele at 997-1553; michele@lesliesnc.org or lesliesnc.org.

Naturopathy

Iridology with Jack Lewis • Nov. 2, 10 a.m.-5 p.m. • A natural health technique by which patterns, colors, and characteristics of the iris are examined to determine information about systemic health. This information demonstrates susceptibility towards certain illnesses, reflects past medical problems, and may predict future health potentials. $50. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Aura and Chakra Photos with Jack and Susan Lewis • Nov. 2, 10 a.m.-5 p.m. • Learn how your aura affects the body, what the colors mean, what the position of the colors tells you. Learn what affects the aura and how to increase your vibration. Add a chakra line and understand what areas you need to bring consciousness to. $30 aura photo with $20 to add chakra. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Nutrition & Food Medicine

Raw Foods Lecture Series with Ellen Livingston sponsored by People's Food Co-op • 7-8:30 p.m. at Crazy Wisdom Community Room • Free, but pre-register at peoplesfood.coop/news_and_events/ or by calling Karen at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.
Sept. 10 • Learn the Amazing Benefits of a Raw Vegan Diet • You can be rid of bothersome symptoms and take charge of your health.
Oct. 8 • Conquer Your Cravings and Attain Your Ideal Weight Naturally with Raw Foods • Learn why you can eat as much as you want and be healthy, if you eat the right foods.
Nov. 12 • Fall Cleansing and Healthy Holidays with Raw Foods • Learn how to detoxify naturally and get ideas and inspiration for truly healthy holiday times.
Dec. 10 • Navigating Winter with Raw Foods • Discover great tips for staying on a healthy track all winter long.

Raw Food and Diabetes Lecture Series with Chef John Rasmussen • 6:30-8:30 p.m. at Friends Quaker House • Food prep demo, beverage, light dinner, and video of Life Changing Approach to Preventing, Controlling, and Reversing Diabetes (Type 2) by Neal Barnard. $20 each with $10 discount for reserving all three classes. Call 635-1598; rawfoodchef.john@gmail.com or happyrawfood.com.
Sept. 10 • Diabetes Prevention and Weight Loss • A new approach to the fundamental causes of diabetes so it's no longer a disease you have to live with.
Sept. 17 • New Nutrition for Type 2 Diabetes • Advantages of plant-based nutrition, low fat, low sugar, and high fiber, without calorie counting or carb counting.
Sept. 24 • New Nutrition for Weight Loss • Chef John shed 40 pounds. He won 4th of July run for his age. What foods did he choose? What foods did he give up and why? Gluten-free, dairy-free, plant-based food demo. Learn personal recovery stories.

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The Crazy Wisdom Calendar

Nutrition & Food Medicine (continued)

Gluten-Free Eating with Najette Jasey • Oct. 16, 6:30-8 p.m. • Learn why gluten is unhealthy and how to identify signs of possible gluten intolerance. Cooking and baking alternatives will also be shared. Free. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

The Healthier Way to Indulge During the Holidays with Najette Jasey • Nov. 20, 6:30-8 p.m. • Enjoy the holidays and feel better! Learn tips to boost metabolism and calorie burning, decrease cravings, and detox better from alcohol. Healthier alternatives for holiday cooking and baking will also be discussed. Free. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

> may my heart always be open to little
> birds who are the secrets of living.
>
> ~ e. e. cummings

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • Sept. 10, Oct. 8, Nov. 12, Dec. 10; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.25 for a pot of tea with free refills. Call Carol at 665-2757; info@crazywisdom.net or crazywisdom.net.

Palmistry

Drop-In Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • First and Third Saturdays of each month, 3-6 p.m.; Second and Fourth Sundays of each month, 3-6 p.m. • A scholar of the ancient Indian science of Palmistry and Numerology, Vijayalaxmi counsels clients on relationships, career, health, relationship compatibility, and many other aspects of life. For decades, she has passionately studied ancient Indian as well as Western Palmistry and combines Palmistry with Numerology for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. Call 222-9160; vijaya_laxmi@comcast.net.

Parenting

Thoughtful Parenting Series with Carole Symer at Allen Creek Preschool • Oct. 9, 8-9 p.m. • Ample brain research has underscored the value of human bonding in fostering a child's love of learning - that kids who feel the most securely connected within supportive relationships are more likely to become successful learners. Optimal emotional attachment with teachers, explorative play, stories, and laughter shared with peers are but a few of the basics that need to be built into our kids' days to enhance their learning and self-expression. The lesson for parents and teachers is that the relationships a child has within a classroom are as important as any well-written set of curriculum goals. Free. Call Patty at 994-3382; office@allencreek.org or allencreek.org.

Oh Baby! Navigating Life with Your New Baby with Jane Glazer • Tuesdays, 10-11 a.m. for eight weeks starting Sept. 10 • Engaging and informative baby class that covers everything from feeding to sleeping to changes with your relationship with your partner and fun things to do with your new baby. Geared toward parents of 2-6 month olds and their babies. $160. For dates, call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Vaccination: Informed Decision-Making with Diana Quinn • Sept. 11 and 18, 6:30-8 p.m. • Vaccination is one of the most controversial issues of parenting, and unbiased, sound information is hard to come by. This two-part class will cover material relating to vaccine safety, risk of communicable diseases, the basics of immunity, timing and alternative vaccine schedules, and more aid in parents' thoughtful decision-making. $45. Call Lea at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Mindful Parenting with Chuck Barbieri and Junko Meschievitz • Wednesdays, 7:30-9 p.m. starting Sept. 18 • This eight-week parenting class will explore both the practical and profound levels in becoming a more "conscious" and "undivided" parent. Parenting is a gift and an adventurous journey that challenges us in many ways! We will survey and explore many parenting paradigms and also offer practical and specific methods to becoming a problem-solving parent. Geared towards both parents and childcare professionals. $175 plus a small fee for handouts, with scholarships available. Call Chuck at 686-2834; pippibarbieri@gmail.com.

Peace

ONE PEACE UN Day of Peace Celebration in Livonia • Sept. 21, 1-4 p.m. • This is the annual ONE PEACE celebration of the UN International Day of Peace. The film "With One Voice" will be shown at 2 p.m., which explores the unity of humanity, reveals our essential oneness, and spreads the single message that binds all faiths together. Free. Call Colleen at 425-0079; cmills0079@yahoo.com or onepeace.us.

Post-Traumatic Stress Disorder Talk with Julie Boyd • Sept. 25, 7-9 p.m. • Join us for a talk about Post-Traumatic Stress Disorder, which can be an issue for military veterans. Free. Call Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

Greening the Military? The Environmental Costs of Recent Wars and Military Operations with Richard Tucker • Oct. 16, 7-9 p.m. • The environmental damage by military operations in recent wars, including Iraq and Afghanistan, is not understood well. Neither the peace movement nor the environmental movement has adequately discussed it. Morever, even in peacetime, the American and other military establishments have enormous built-in costs, but they are taking innovative steps to make their operations more environmentally efficient. Free. Call Carolyn at 734-475-1892; manager@mfcenter.org or mfcenter.org.

Successful Strategies of Non-Violence with Stewart Gordon • Nov. 6, 7-9 p.m. • Non-violent strategies are now a universally understood "toolkit" for inducing political and economic change. The techniques and outlook are now generally divorced from the moral explorations of Gandhi, the Christianity of Martin Luther King or even an absolute commitment to non-violent action. Gordon will discuss what in this toolkit has proven effective, such as analysis of various audiences for actions, goal setting, and methods for sustaining the movement. Free. Call Carolyn at 734-475-1892; manager@mfcenter.org or mfcenter.org.

Personal Growth

Sage-ing Circle Introductory Workshop with Sandra Berman • Sept. 18, 7-9 p.m. at Crazy Wisdom Community Room • The Sage-ing Circle process invites inquiry into our deep sources of creativity and inner wisdom as we embrace the second half of life. The Circle provides a template for inner growth, integration, and healing that can add meaning and purpose to one's life. Free. Call 395-1106; sandberman@gmail.com.

How to Improve Your Relationship Without Talking About It with Carole Kirby • Sept. 15, 2-4:30 p.m. at Crazy Wisdom Community Room • Pat Love and Steven Stosny's book, *How to Improve Your Marriage Without Talking About It*, contends that a style of "relationship talk" just does not help and that relationship happiness is about learning to connect without words. Carole will present some of the ideas and insight from the book; however, she will stress the importance of communicating with and without words. Free, but please pre-register at 424-2797 or carole777@aol.com or therapy4couples.com.

Amends Making and Forgiveness and Why It's So Important with Carole Kirby • Oct. 20, 2-4:30 p.m. at Crazy Wisdom Community Room • Safety and trust are the foundation of any good relationship, whether with your partner, family member or friend. Human beings hurt each other inadvertently. When there has been any degree of wrongdoing or non-loving action from the slightest hurtful comment to a more serious betrayal, the relationship is jeopardized. This workshop will provide information and ideas about the importance of amends making and getting to forgiveness. Free, but please pre-register at 424-2797 or carole777@aol.com or therapy4couples.com.

Boundaries of the Self: Learn Ways to Strengthen and Regulate Your Boundaries with Carole Kirby • Nov. 10, 2-4:30 p.m. at Crazy Wisdom Community Room • Our boundaries provide a sense of self and a sense of security. They determine our sense of self-esteem, self-confidence, sense of control over our lives, personal freedom, and personal space physically and emotionally. Learn about your boundary challenges. If you have weak personal boundaries, learn some ways you can begin to create better boundaries. Free, but please pre-register at 424-2797 or carole777@aol.com or therapy4couples.com.

Understanding Introverts and Extroverts and How They Make the World "Go Round" with Carole Kirby • Dec. 8, 2-4:30 p.m. at Crazy Wisdom Community Room • This workshop will examine the rise of the "extrovert ideal" in the 20th century and its far reaching effects. You will learn the advantages and potential of introversion and of being quiet in a noisy world. Some of the cutting edge research in psychology and neuroscience related to introversion and extroversion will be offered, and Carole will share from Susan Cain's book, *Quiet: The Power of Introverts in a World That Can't Stop Talking*. Free, but please pre-register at 424-2797 or carole777@aol.com or therapy4couples.com.

Introduction to Council Circles with Jeanne Mackey • Sept. 25, 7-8:30 p.m. at Crazy Wisdom Community Room • Experience the pan-cultural practice of sharing insight and experience in circle. Council circles have re-emerged as a place to listen deeply and speak from the heart. This is part 1 of a 3-part series on "heart and soul" skills for spiritual and social change activists. $5 suggested donation. Call 546-0243; jmackey50@gmail.com or umich.edu/~mackeyj.

The Stories We Tell Ourselves: How Personal and Cultural Narratives Shape Our Lives with Jeanne Mackey • Oct. 23, 7-8:30 p.m. at Crazy Wisdom Community Room • We humans are story-making creatures. Learn ways to identify what stories you're living (both familial and cultural) and how to make conscious choices. This is part 2 of a 3-part series on "heart and soul" skills for spiritual and social change activists. $5 suggested donation. Call 546-0243; jmackey50@gmail.com or umich.edu/~mackeyj.

The Human Shadow in Social Change and Spiritual Groups with Jeanne Mackey • Nov. 13, 7-8:30 p.m. at Crazy Wisdom Community Room • We each have a shadow side - all that is denied, shamed, feared or simply unknown. Collective shadow blindness takes a heavy toll in groups. We'll explore the benefits of greater honesty and awareness. This is part 3 of a 3-part series on "heart and soul" skills for spiritual and social change activists. $5 suggested donation. Call 546-0243; jmackey50@gmail.com or umich.edu/~mackeyj.

Living an Inspired Life: Prana of Creation with Dave and Pat Krajovic • Sept. 8, 9 a.m.-5 p.m. • Be awake, aware, and alive! Put the principles of creating the life you want into practice. Unleash your powers to attract. Discover ways to use your breath and energy to create. $147. Call Pat at 734-416-5200; globalbreathinstitute.com.

Healthy Boundaries with Karen Greenberg • Nov. 24, 2-6 p.m. • Learn how to clarify within yourself how to set and enforce healthy boundaries in a variety of situations - with children, spouses, parents, siblings, friends, neighbors, business associates, and with yourself. $75. Call 417-9511; krngrnbrg@gmail.com or clair-ascension.com.

Inside/Out with Kirsten Edgar and Megan Sims • Sundays, 3-5 p.m.: Session 1: Sept. 15-Oct. 20; Session 2: Oct. 27-Dec. 1: Sundays, 3-5 p.m. • Discover the power, courage, and path to heal yourself from shame, guilt, mistrust, and self-hatred. Through this unique process of movement, drawing, writing, and authentic witnessing, women can peel off the protective masks we wear in our everyday lives and feel the complete freedom and acceptance of revealing our true selves in a trusted circle. $80 for six weeks. Call Megan at 417-7020; megansims600@gmail.com or meganrose.org.

Creating Internal Resources with Cam Vozar • Sept. 18 • Create internal resources to cope with stress and increase well being. Learn to connect to spiritual, nurturing, and protective resources. $10. For time, call 747-9073; cam.vozar@gmail.com.

Soul Essence Evolving: A System Constellation Approach with Deb Foggio • Sept. 13, 24, Oct. 11, 25, Nov. 8, 22, Dec. 13; 7-10 p.m. • Soul Essence Evolving is a Constellation approach that allows feelings, emotions, and beliefs that create issue for us hidden in the unconscious to be revealed. When this happens, we have the opportunity to address balancing the body, mind, and spirit through the power of wisdom and understanding. The work gently gives each person participating the opportunity to see their life more clearly, thus facilitating healing. $25. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Understanding the Language of Emotions with Deb Foggio • Oct. 16, 23, 30, Nov. 6; 1-2:30 p.m. • Being successful in life is all about communications. In this class, you will unravel the mystery of emotions and rediscover their value and merit in self-discovery and the process of becoming master communicators. The path to peace is to know thyself and, from this place, you have the greatest chance of creating a life rich in meaning, joy, purpose, love, and peace. $100. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Competent Leadership in a Diverse, Changing World with Rev. Eric Law • Oct. 18, 7:30 p.m.-Oct. 19, 5 p.m. • We are living in a multicultural, extremely diverse, and fast-changing world that presents interesting challenges and opportunities for ministries. This workshop will provide thoughtful analysis of cultural differences and skills for participants to become culturally competent. $75 for single occupancy. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Awakening to Love with HAI Midwest • Sept. 14, Dec. 28; Gather at 5:30 p.m., Workshop 6-8 p.m. in Crazy Wisdom Community Room • In a safe, supportive, and relaxed environment, you'll discover the ingredients for happy, healthy, loving, and intimate relationships. There will be no admittance to late-comers as to not break the continuity of the workshop. Free. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

Awakening to Love with HAI Midwest • Sept. 28, Oct. 26, Nov. 23; Gather at 7 p.m., Workshop 7:30-9:30 p.m. in Southfield • In a safe, supportive, and relaxed environment, you'll discover the ingredients for happy, healthy, loving, and intimate relationships. There will be no admittance to late-comers as to not break the continuity of the workshop. Free. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

Pathways to Intimacy with HAI Midwest • Sept. 15, 10-6 p.m. in Livonia • Expand your capacity for intimacy and begin to release your fears about relationships. Learn how to be more open, safe, and close with others. Go beyond your barriers to love. Whether you are single or in a committed relationship, join us for this one-day workshop. $75 with early payment discount offered. There will be no admittance to late-comers as to not break the continuity of the workshop. Free. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

If you would like to hold an event,

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The Crazy Wisdom Calendar

Personal Growth (continued)

HAI Midwest Auction • Sept. 7 in Southfield • This auction is the primary way Hai Midwest raises funds to support folks who can't afford the full price of workshops. Many people are able to attend Hai workshops only because of the scholarship fund. All services, new items, and other items in clean, good condition will be accepted. Bring your items at 5:30 p.m. Bring a nutritious dish for our potluck dinner at 6 p.m., followed by the fabulous auction at 7 p.m. $15 suggested donation. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

Love is a Miracle with HAI Midwest • Oct. 11, 7 p.m.-Oct. 13, 6 p.m. • During this workshop weekend, you can expect to gently move through the layers of pretense, negative beliefs, fears, and protective behaviors that have prevented you from receiving and giving love. This is where we uncover and enhance your passion for living, natural appreciation, and acceptance of yourself and others. $495 includes meals and lodging. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

Spiritual Knowledge and Philosophy Exploration with Hananda Whittingham of Self Realization Meditation Healing Centre • Sept. 30, Oct. 2, 7, 9; 7-8:15 p.m. • Explore the big questions in life. Bring your own questions, too, and explore yourself and your beliefs with an open heart and mind to new learning, wisdom, and insight. $120 for four sessions. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Prayer

Operation Prayer Power • 10:45 a.m. sessions: Sept. 7, Oct. 5, Nov. 9, 16, 23, 30, Dec. 7; 2 p.m. sessions: Sept. 21, Oct. 12; 7:30 p.m. sessions: Oct. 16, 23, Dec. 11, 18 • Each week since 1973, spiritually-minded people have come together at centers around the world for Operation Prayer Power charging sessions. Using dynamic prayer, sacred mantra, and mystic mudras, tremendous prayer energy is invoked, collected, and stored in a radionic battery. These charging sessions continue week and week, filling each battery with thousands of hours of spiritual energy for later release to the world, enabling miraculous results. All welcome. First time attendees should arrive 15 minutes early. Free with love offering appreciated. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Power Circle and Absent Healing Services • Sept. 2, 9, 16, 23, 30, Oct. 7, 14, 21, 28, Nov. 11, 18, Dec. 2, 9, 16, 23, 30; 8 p.m. • During a magnetization period (spiritual push) when all spiritual action is potentized 3,000 times, we hold special power circles that entail two back-to-back services of the Twelve Blessings as well as recitation of dynamic mantra. The blessings give to us a unique way of tapping into and invoking the power of the Universal life force and sending this out to the world in a vibrant stream of prayer. Free with love offering appreciated. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Prosperity & Abundance

Prosperity Training Camp with Deb Foggio • Every Tuesday, 7-9 p.m. • This workshop will help you discover and build the tools you need in everyday life to be successful in creating a better life. You will find support for others who are like-minded and believe it is possible. Accountability, experiential work, friendship, study, and fun make up the foundation of this class. $20 per week. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Make a Difference Seva Afternoon: Giving and Receiving with Self Realization Meditation Healing Centre • Oct. 26 • We welcome everyone to join us in joyful service to the Centre, with amazing tea breaks! There are countless blessings to be received by giving of your time, energy, and resources. RSVP by Oct. 18. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Abundance and Prosperity with Karen Greenberg • Sept. 2, 2-6 p.m. • Define your relationship with money, including what you were taught by your parents, family, culture, race, religion, and gender. Identify low vibrational emotions such as shame, guilt, and fear that could be limiting your cash flow. Examine worthiness issues and sabotaging patterns and learn spiritual principles to enhance prosperity. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Abundance and Clearing the Money Mind Virus with Kevin Laye • Sept. 29, 1-5 p.m. • What prevents us from attracting abundance and gathering wealth? This class teaches you how to clear the "money mind virus" through a healing modality called Thought Field Therapy (TFT). You will learn tapping sequences to permanently alter your patterns and beliefs regarding money, wealth, and abundance in your life. $105 with pre-registration discount offered. Call Donna at 417-3884; donnaryen@aol.com or kevinlayeusa.com.

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Qigong

Qigong: Energy Work (Chinese Yoga) with Wasentha Young • Sept. 10-Dec. 10: Tuesdays, 6-7:15 p.m. • There are four major characteristics of Chi Kung: medical, longevity, meditation, and muscle endurance practices. Participants will explore these characteristics and learn the Wild Goose Form, which is a series of stretches, imagery, and acu-point stimulation that activates and harmonizes the body's healing system. $170. Call 741-0695; peacefuldragonschool.com or peacefuldragonschool.com.

Reiki

Reiki Level II Training with Gloria Mathiesen • Sept. 22-23 or Oct. 6-7: Sunday, 12:30-6 p.m. and Monday, 1:30-4:30 p.m. at Crazy Wisdom Community Room • A continuation of Reiki Level I training, which includes animal, plants, and distance Reiki. There will be a 30 minute break on Sunday. $150 or $200 for NCBTMB credit. Call 915-235-7427; mathiesengc@yahoo.com or annarborhealing.com.

Reiki Level III Training with Gloria Mathiesen • Nov. 3-4 or Nov. 17-18: Sunday, 12:30-6 p.m. and Monday, 1:30-4:30 p.m. at Crazy Wisdom Community Room • A continuation from Level II. Master/teacher level includes additional symbols used in advanced Reiki. There will be a 30 minute break on Sunday. $250 or $300 for NCBTMB credit. Call 915-235-7427; mathiesengc@yahoo.com or annarborhealing.com.

Free Reiki Clinic with Debra Williams • Fourth Thursday of each month, 7-8:30 p.m. • This is a unique opportunity to experience the powerful healing affects of Reiki. You just have to feel it to know it. By love donation. Call 734-416-5200; relax@bodyworkshealingcenter.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Oct. 16, 7-9 p.m. • In the gentle, hands-on healing art of the Usui System of Reiki Healing, Universal Life Energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Free mini treatments will be offered. Call 476-7958; suzyreiki@aol.com.

First Degree Reiki with Suzy Wienckowski • Sept. 20-22 or Nov. 8-10: Friday 7-9:30 p.m., Saturday 9:30 a.m.-4 p.m., Sunday 9:30 a.m.-12:30 p.m. • Reiki is a gentle, hands-on healing art. It is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. Class includes history, hands-on treatment form for yourself and others, and four individual initiations. $150 with certificate awarded. Call 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • Oct. 18-19: Friday 7-9 p.m., Saturday 9:30 a.m.-4 p.m. • In the second level of training in the Usui System of Reiki Healing, students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call Suzy at 476-7958; suzyreiki@aol.com.

Reiki Share with Sally Pinchock, Ruth Owens, and Jane McLaren • Sept. 11, Oct. 9, Nov. 13, Dec. 11; 9:30-11:30 a.m. or Sept. 23, Oct. 28, Nov. 25, Dec. 23; 7-9 p.m. • We welcome the public as well as other Reiki practitioners to share and learn from each other while building community. Experience the energy of Reiki available from various practitioners. The Reiki process is safe and simple enough for anyone to learn and has been found to relieve pain, improve digestion, bring balance, and promote general well-being. By love donation. Call Deb or Sally at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Reiki I Certificate Class with Eve Wilson • Sept. 21, 10 a.m.-2 p.m. • Receive your Reiki I certificate to offer hands-on healing for self and others. Safe, true, effective healing energy, excellent attunements, and techniques. Reiki offers pain relief, deep relaxation, faster healing, better sleep, and more. $125. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Reiki II Certificate Class with Eve Wilson • Oct. 12, 10 a.m.-1 p.m. • Receive your Reiki II certificate and learn rapid, safe, easy-to-do healing for self and others at any distance. Make burns and bruises instantly heal, protection, clearing, even start your car battery! $125. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Reiki III Master Teacher Certificate Course with Eve Wilson • Nov. 2 and 9, 10 a.m.-2 p.m. • This two-session course includes The Master Reiki attunement, and training for passing attunements and teaching classes. $450. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

The Crazy Wisdom Calendar will be posted online starting
September 1, 2013 at crazywisdom.net.

Laurie Akerros is an accredited teacher of subtle body energy healing with the International Network of Esoteric Healing. She maintains a private practice in Ann Arbor offering counseling, energy healing sessions, craniosacral, Emotional Freedom Technique, and flower essence therapies. Laurie is offering a Bach Flower Remedy class this fall, which focuses on the 38 original flower remedies. Created by Dr. Edward Bach to treat underlying emotional causes of diseases, flower essences are collected from the blooms of flowering plants and are used in physical and spiritual healing. (For details on this class and other classes Laurie is offering, see her listings under Energy Healing on page 92 and Herbs, Plants & The Garden on page 93.)

Seeing the Beautiful: Looking with the Heart Retreat with Joan Marie Recker • Oct. 21-23: Morning sessions 10:30-Noon, Afternoon sessions 2:30-4 p.m., optional Evening sessions 6:30-7:30 p.m. • This retreat explores the beautiful that is discovered in solitude and prayer. True seeing is within! One or two presentations per day, group sharing if desired, and optional spiritual accompaniment provides the opportunity to experience God's beauty in oneself, family, friends, children, artwork, music, and other awe moments. $75. Call Arlene at 734-240-9699; riverhouse@ihmsisters.org or ihmsisters.org.

To Begin Again: Advent as a Season of Hope with Kathleen Budesky • Dec. 10-12: Morning sessions 10:30-Noon, Afternoon sessions 2:30-4 p.m., optional Evening sessions 6:30-7:30 p.m. • The season of Advent calls us to live in anticipation of a new beginning, a new coming of the Lord. If we fully enter into the season, we will be constantly invited through our liturgical readings and practices to clear away all that entangles us and open a space in our hearts, our homes, our relationships, and our lives for a rebirth of love Incarnate. During this retreat, we will look to the Psalms and selected texts from the Christian scriptures for images of the hope that can sustain us on our journey. $75. Call Arlene at 734-240-9699; riverhouse@ihmsisters.org or ihmsisters.org.

Awaking into the Great Communion: Living from the Depths with Jan Novotka and Marie Larkin • Sept. 22, evening-Sept. 27, Noon: Morning sessions 10:30-Noon, Afternoon sessions 2:30-4 p.m., optional Evening sessions 6:30-7:30 p.m. • Across the planet, people are experiencing a shift into a consciousness that perceives and functions from a place of oneness. As we relax and let go into the depths of our being, we awaken into the transformative sacred reality of communion. Integral to this retreat will be input, plenty of creative processes, singing, personal time, and communal silent sitting. $250 includes conferences and lunches. Call Arlene at 734-240-9699; riverhouse@ihmsisters.org or ihmsisters.org.

Retreats

Journey to Wholeness: Balancing the Feminine and Masculine in Times of Change with Tatianah Thunberg and David Hall • Oct. 25-27 at Song of the Morning Yoga Ranch in Vanderbilt • At this unprecedented time in our social and spiritual evolution, join us on a transformational journey into one of the greatest challenges of contemporary life: honoring and balancing the interplay of masculine and feminine, within and without. Unveil and clarify both the light and shadow of this intricate polarity. Remove obstacles that contract our capacity to trust, surrender, and open to greater love and service. Singles and couples welcome. $130 plus lodging. For times, call Tatianah at 904-3035; spiritmovesyoga@gmail.com or spiritmovesyoga.com.

An Event for Event Planners: An Introduction to Sylvan Run Sanctuary with Kathy Squiers • Oct. 12 • Explore the possibilities by visiting and touring the new Inspirational Retreat Center near Chelsea offering beautiful event/workshop/class spaces for gardeners, environmentalists, writers, artists, crafters, and other life journey celebrants. Also find accommodations/household facilities, developing chakra gardens, and over 50 acres of nature preserves available for good health and healing... in solitude and in community. Free visits. Open house tours also held from 11 a.m.-1 p.m. the first Saturday of each month. For times, call 475-3408; kathy@sylvanrunsanctuary.com or sylvanrunsanctuary.com.

Silent Retreat at Self Realization Meditation Healing Centre • Oct. 11 at dinner-Oct. 13 at dinner • Deepen your experience of inner peace in a silent, peaceful atmosphere. Inner and outer silence, together with times spent in meditation, contemplation, and walking help us to develop a depth of peace that is rare in today's hectic lifestyles. This retreat offers simple, delicious, homecooked vegetarian meals and comfortable, shared accommodations in a country setting. A private room may be available for an extra fee. $140. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Christmas Celebration Silent Retreat with Self Realization Meditation Healing Centre • Dec. 24, dinner through Dec. 27, breakfast • See above retreat description. Hear Mata Yogananda Mahasaya Dharma's Christmas message on Christmas morning. $175 shared room. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

New Year's Gathering with Self Realization Meditation Healing Centre • Dec. 31, lunch through Jan. 1 after lunch • Come embrace the New Year. Includes comfortable shared room lodging and delicious, homecooked vegetarian meals. You may add to this for a longer retreat if you wish. $136. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Fall Colors Yoga Retreat with Christy DeBurton • Sept. 27-29 at Inn at the Rustic Gate, Big Rapids, MI • Enjoy a peaceful weekend where you are invited to take a step back from your everyday life, return to nature, to peace and quiet, and to get in touch with what feeds your soul. Situated on 150 acres of woodlands, wetlands, rolling meadows, and a private pond, the sanctuary is a gateway to the truest aspects of ourselves. $289 includes two nights accommodations and meals. Call 761-8409; info@christydeburton.com or yogaroomannarbor.com/yoga-retreats.

Let's Wait with Maribeth Howell • Dec. 7, 10 a.m.-2:30 p.m. • During our few hours together, we will pause to reflect upon the beauty and wonders of this holy season. Our aim will be to stop, listen, and focus upon how we want to direct our time and energy during these remaining days of Advent. $25. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

O Come Emmanuel Advent Retreat with Ann Marie Petri • Dec. 1, 7 p.m.-Dec. 5, 1 p.m. • A look at the "Infancy Narratives"! Are these beautiful stories just feel good recollections of God's gift to us? How do the magi, shepherds, angels, a star, and Emmanuel become a deep, spiritual Advent experience... a blessed Christmas? $300 for single occupancy. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

John of God in Brazil Retreat with Amy Koch and Barbara Brodsky • Jan. 20-Feb. 1, 2014 • Fully guided retreat to visit John of God's healing center in Brazil, including meditation, personal and group meetings. We work closely with you through the entire process, before and after. $1,895 includes single occupancy room with bath for 12 nights and three delicious, wholesome meals each day, with vegetarian options. Does not include airfare. Registration deadline is Dec. 18. Call Amy at 660-0898; amyspirit@gmail.com or guidesforjohnofgod.com.

Go See John of God in Brazil Informational Meeting • Sept. 7, Oct. 12, Nov. 2, Dec. 7; 1-2 p.m. • Information shared about the above retreat with question and answer period. Amy will also be sharing stories about the physical, mental, emotional, and spiritual healings that are facilitated through John of God. Free.

Stones Are Our Friends with Karlta Zarley • Feb. 9-13, 2014 • This is the chance of a lifetime to see the world's largest gem and mineral show in Tucson, Arizona. We will learn about stones and crystals, purchase them at discounted prices, and figure out how they will serve spirit once home with us. We will close with a dedication ceremony. $450 with early registration discount offered. Register by Nov. 15. Call 433-9333; kzarely@att.net or karltazarley.com.

The Crazy Wisdom Calendar

Retreats (continued)

Yoga, Meditation, Holistic Health, and Spirituality Retreats with Ema Stefanova • Seekers, those in need of healing or support in transition, and those who enjoy peace and meaningful practice and relaxation will find our retreats of great value, held at Vivekananda Monastery in Ganges, Michigan. The place, the food, the guidance, and the intimacy of the group will all help both beginners and seasoned practitioners reach their goals. Teachers earn continuing education credit. For costs and schedules, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.
Sept. 13-15 • Karma Yoga, the Art of Breathing, and Deep Relaxation
Sept. 20-22 • Fall in Love with Healthy Lifestyle Yoga and Meditation
Oct. 18-20 • From Darkness to Light: Becoming Master of Your Own Mind
Nov. 15-17 • Perfecting Your Own Art

European Yoga and Meditation Retreat with Ema Stefanova •Sept. 1-6 in Lake Ohrid, Macedonia • Ohrid is known as one of the oldest towns, along with Babylon and Sumer, situated at Lake Ohrid, one of the oldest, deepest, and cleanest glacial tectonic lakes in the world. Yoga and meditation come easily in this serene environment. There will be time for swimming, hiking, sightseeing, and culture. For costs and schedules, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Yoga, Meditation, Holistic Health, and Spirituality Weekend Seminars with Ema Stefanova • All programs and practices are tailored to meet participants' needs, goals, abilities, and level of understanding. Beginners through advanced welcome. Come for both days, but registering for one day is an option. Yoga teachers earn continuing education credit. For costs and times, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.
Sept. 14-15 • Introduction to Healthful Yoga and Meditation
Sept. 28-29 • Yoga and Meditation Practice Programs for Busy People
Oct. 12-13 • Therapeutic Yoga for Allergies, Asthma, and Diabetes
Oct. 26-27 • Yoga for Girls and Women's Health
Nov. 9-10 • How to Prevent Injuries in Yoga Class
Nov. 23-24 • Yoga for Anxiety and Depression

Self-Care

Harmony of Energy: Self-Care with Wasentha Young • Nov. 14-Dec. 12: Thursdays, 6-7:15 p.m. • Nurture yourself. Complement your health with a system of 14 stretches that support healthy muscles and joints, in addition to potent acupressure points to reduce stress in the shoulders, back, arms, hands, legs, knees, and feet. No class Nov. 28. $100. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Shamanism

Friendship with the Elements: In Memory of Helen Slomovits 1950-2012: Readings and Contemplations with Music, based on the books of Don Alverto Taxo, with Laszlo Slomovits and Martha Travers • Sept. 29, 4 p.m. at Crazy Wisdom • Helen Slomovits had compiled and edited three books of earth-honoring teachings by Ecuadorian Iachak Don Alverto Taxo before her death in 2012. Her husband, local musician Laszlo Slomovits, presents an evening of readings from these books, interspersed with Andean-inspired music that he and his wife created. Laszlo will be joined by "Mama Iachak" Martha Travers, who will share ancient mystical practices she learned from the elders in the Andes. Free. Call Laszlo at 665-0409; gemini2200@comcast.net or geminichildrensmusic.com.

Psychorituals from the Andes: Shamanic Intuition - Shamanic Flow with Juanitaswan a.k.a. Jeanette Villagomez • Oct. and Nov. dates to be determined • Discover your power animals and their connection with your ancestors, and learn about shamanic ancestral constellations and psychorituals with your name. $50. For dates and times, call 313-875-2127; jeanettevillagomez@gmail.com.

Dying Well: Shamanic Perspectives with Stephanie Tighe and Kate Durda • Nov. 2, 10 a.m.-6 p.m. and Nov. 3, 10 a.m.-5 p.m. in Grand Ledge • Learn how to deal with the issue of dying and the destiny of souls from a shamanic perspective. The workshop is both for those who wish to learn for themselves, and for those who wish to help others who are in terminal situations or who have already passed on. Learn how to become experientially familiar with the after-death realms, complete unfinished business, help a person to cross over, classic psychopomp, and how to prepare for death. $250 with early registration discount offered. Call Stephanie at 517-667-8448; spiritweavers@gmail.com or spiritweavers.net.

Make Your Own Rattle: Spiritual Tools for Shamanic Practice with Kate Durda • Sept. 13, 6-9 p.m. and Sept. 15, 9-Noon • For the shaman or other spiritual practitioner, the rattle and drum are two of the honored and valued allies and partners in their spiritual practice. Learn to make a rawhide rattle and create it in a sacred and honoring context. Choice of type of rawhide and size specified at registration, and all materials will need to be supplied. Participants can bring some of their own materials to incorporate in creating their customized rattle. For cost, call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Weather Shamanism: Parts I and II with Nan Moss and David Corbin • Oct. 3, evening-Oct. 6 in Hastings • Special four-day event combines introductory work with more advanced experience with Weather Shamanism - a form of spiritual ecology for those who sincerely wish to safeguard the health of our planet. Weather Shamanism is about our spiritual relationship to weather, with a set of specific practices and ethics. The goal is not to control the weather, but rather to heal our relationship with it for the peace and well being of all. For cost, call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Shamanism Introduction: Path of Empowerment and Healing with Kate Durda • Sept. 14, 9:30 a.m.-4:30 p.m. • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a pre-requisite for all advanced training, including intermediate shamanic training, such as Spirits of Nature, and Path of the Open Heart series. For cost, call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Intro to Shamanic Journeying and Shamanism with Kate Durda and Stephanie Tighe • Nov. 9, 10 a.m.-6 p.m. • This is a powerful spiritual practice that will change your life. Introduction to shamanic "journeying", the core method used by shamans for over 40,000 years for healing and obtaining spiritual guidance. For cost, call Kate at 517-667-8448; spiritweavers@gmail.com or spiritweavers.net.

Shamanism: Foundation Training Series with Kate Durda • This 11th annual training provides a responsible and ethical foundation in shamanic practice. Intro class is a prerequisite. For cost, call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.
Session 1: Lower World of the Shaman, Power Animals, and Allies • Sept. 28, 11 a.m.-5 p.m. • Learn about and work power animals and other allies for direct inspiration, guidance, protection, and more. Learn about the tradition of power songs, healing methods, and classic shapeshifting.
Session 2: Upper World of the Shaman, Teachers, and Guides • Oct. 19, 11 a.m.-5:30 p.m. • You will work with teachers/guides in the upper world, explore the cosmology of the upper world, and, through deep journeys, learn how to work with your spiritual teachers to fulfill your spiritual purpose in life.
Session 3: Divination - Shamanic Methods of Inquiry • Dec. 7, 11 a.m.-5 p.m. • Shamans have journeyed into non-ordinary reality for thousands of years to help obtain answers to questions, both at the request of others and for oneself. You will use the shamanic journey to gain experience with classic shamanic methods of divination, such as finding lost objects, answers to questions, guidance in decisions, as well as cross cultural methods of divination as you learn to work with spirit guides/teachers, power animals, and other helping spirits.

Plant Spirits, Power Animals, and Healing Guides with Glenn Pailthorp • Nov. 10, 2-4 p.m. • Guided meditation, trance, and/or drumming to connect us with our animal, plant, and spirit guides. Discover how they are always ready to inform and help us heal. $20 suggested. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Skin Care

Simply Skin 101 with Carol Clarke and Tristin Resinger • Sept. 21, 10-11:30 a.m. • A basic presentation on the importance of taking care of your skin, exfoliation, and masks for everyday use. Materials and samples provided. $30. Call Carol at 757-8239; cclarke2005@hotmail.com or aukatouch.com.

All About Acne with Carol Clarke and Tristin Resinger • Oct. 12, 10-11:30 a.m. • A look into what is really going on under the layers of skin. How to take care, treat, and purify the skin effectively without the burn. Materials and samples provided. $30. Call Carol at 757-8239; cclarke2005@hotmail.com or aukatouch.com.

Skin Aging and Prevention: The Cosmoceutical Way with Carol Clarke and Tristin Resinger • Nov. 9, 10-11:30 a.m. • This class focuses on the histology of the skin as it ages and how you can use powerful serums and creams for slowing the aging process. Materials and samples provided. $30. Call Carol at 757-8239; cclarke2005@hotmail.com or aukatouch.com.

Spiritual Development

The Soul: Its Nature and Origin with William Meader • Oct. 16, 1-3:30 p.m. at Crazy Wisdom Community Room • This is an introduction to the subject of the human soul as understood within the esoteric philosophy. In this discussion, we will examine the origins of the human soul, the formation of the causal vehicle (body of the soul), and the battle that is waged with the personality. By donation. Call Peg at 517-580-9630; peg.rosenkrands@gmail.com or meader.org.

The Awakening: The Soul of Humanity Emerges with William Meader • Oct. 16, 7-9 p.m. at Crazy Wisdom Community Room • Humanity has entered a period of unprecedented socioeconomic crisis and change that, to many people, feels ominous and insurmountable. It must be realized this is not a crisis foretelling the end, but an antechamber to a new beginning in which the soul of humanity is awakening. We explore this emergence and its implications: individually, nationally, and for humanity as a whole. By donation. Call Peg at 517-580-9630; peg.rosenkrands@gmail.com or meader.org.

Shine Forth: The Soul's Magical Destiny with William Meader • Oct. 17, 2-4:30 p.m. at Crazy Wisdom Community Room • The destiny of the soul is to evolve its capacity to become magically creative, expressing its wisdom and love as an act of service to humanity. Methods to inwardly recognize the soul and its ancient formulaic influence on the mind and emotions are highlighted so that one can better support the soul as it seeks to shine forth its beauty and creative intention. By donation. Call Peg at 517-580-9630; peg.rosenkrands@gmail.com or meader.org.

Introduction to the Seven Rays with William Meader • Oct. 17, 7-9 p.m. at Crazy Wisdom Community Room • The Seven Rays of Divine Manifestation (great streams of energy) condition all life on earth, including every human being. Every soul is found upon one of these divine Rays. Understanding one's Soul Ray is to discover one's essential nature and spiritual purpose in life. By donation. Call Peg at 517-580-9630; peg.rosenkrands@gmail.com or meader.org.

The Shift in Consciousness and Creating Your Personal Power with Fadia Abdouni • Sept. 24, Oct. 22; 6:30-9 p.m. at Crazy Wisdom Community Room • An informal and free discussion about the shift, what's going on? Why so much drama and noise around you? Want to quiet it down? Practical tools to creating your personal power field will be discussed that will enable you to create and maintain your energy field, allowing you to experience yourself in a more conscious manner. Free. Call 248-709-5278; fadica9@gmail.com or goldenliquidlight.com.

Creating Your Personal Power Field: Two-Day Workshop with Fadia Abdouni • Oct. 26, Noon-6 p.m. and Oct. 27, 1-6 p.m. at Crazy Wisdom Community Room • A workshop on how to create a dynamic, self-contained energy field through practical tools. You will be guided and supported in a friendly, safe, and nurturing environment on how to construct, balance, and activate your field, which will allow you to stabilize your mental and emotional experiences while expanding your clarity, focus, and awareness. $225. Limited to 20 participants. Call 248-709-5278; fadica9@gmail.com or goldenliquidlight.com.

Developing a Personal Relationship with Your Creator/Higher Power/G-d with Karen Greenberg • Aug. 30, 5:30-7:30 p.m. • Learn how to create a still, quiet, sacred, meditative space in which to ask questions and receive answers from your Creator/Higher Power. Learn how to ascertain whether you are in your head "thinking" the answers, in your body "feeling" the answers or in your soul "receiving" your answers from spirit. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Sacred Divine Geometry and Astral Travel with Karen Greenberg • Sept. 8, Noon-9 p.m. • Learn the sacred symbols and emblazen them into your being to facilitate safe astral travel to the spiritual dimensions, through the gates of heaven to the Akashic zones, as well as to geographical locations. $166. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Spiritual Alchemy with Karen Greenberg • Sept. 15, Noon-7 p.m. • Learn a myriad of tools and techniques to change your vibration from a lower to a higher vibration, including sacred letters, powerful archetypes, sacred oils, visualization, meditation, prayer, toning names of G-d and archangels, and more. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Adept Initiations into the Golden Brotherhood and Sisterhood with Karen Greenberg • Sept. 29, 2:15-10:15 p.m. • Join together with people of all races, religions, nationalities, ages, and genders who wish to unify and make this world a better place. Allow the spiritual realms to embrace you, support you, and provide networking opportunities to assist you in fulfilling your soul's purpose. $495. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Gifts of the Spirit with Karen Greenberg • Oct. 6, 13, 20; 2-8 p.m. • Learn how to create a sacred space in which to receive spiritual guidance on important questions. Learn to distinguish between answers your personality was hoping to hear versus higher level information from your higher self, your master of light self, your archangelic self. Learn your power time of day and season. $133 for each session. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Spiritual Talk, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • We welcome everyone of all faiths, meditation practices, and traditions to join us as we listen to one of Mata Yogananda Mahasaya Dharma's recorded inspiring talks followed by pure meditation and silent prayer, with winged prayer - for all in need at 9 p.m. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Realization Process Practice Sessions with Mara Evans • Tuesdays, 6-7:30 p.m. • Practice Realization Process exercises as developed by Judith Blackstone in a supportive and growth-oriented environment. Love offerings appreciated. Call 255-0852; mara@arammai.com or arammai.com.

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The Crazy Wisdom Calendar

Spiritual Development (continued)

Cosmic Wisdom Study Classes • Sept. 27, Oct. 25, Nov. 15, Dec. 13; 7:30 p.m. • We will explore the great change, life after death, life on other planets, the twelve blessings, the nine freedoms, karma and reincarnation, the energy of love, spiritual psychic development, the mother earth, the new world, the next master, UFOs, cosmic avatars, and ascended masters. Love offering appreciated. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetherisumi.org.

A Journey to Your Creative Heart with Joan Kusak • Sept. 28, Oct. 26, Nov. 16, Dec. 14; 9-11 a.m. • Based on Julia Cameron's process as outlined in her book, *Vein of Gold*, this program presents a series of healing tools. It is intended as a prescription for artful living. $20. Call Elizabeth at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Introduction to the Diamond Approach with Gregory Beck • Nov. 1, 7-9 p.m. • This is an introduction to the Diamond Approach, a contemporary spiritual path developed by A.H. Almaas that reveals the truth, beauty, and mystery of our essential nature. $10 donation. Call Gretchen at 213-0579; michiganglda@gmail.com.

Public Talks sponsored by the Great Lakes Branch of the Anthroposophical Society • First Tuesday of each month • Free. Call Penny at 485-3764; penny_kruse@comcast.net.
Michaelmas with Dwight Ebaugh • Oct. 1, 7:30 p.m. • A talk on the celebration of Michaelmas, one of the four annual festivals.
Celestial Gesture of Holy Nights, 2013-14 with Mary Adams • Nov. 5, 7:30 p.m. • An introduction to the spiritual significance of the stars and planets during the twelve nights of Christmas, 2013-14.
Conscience and Compassion with Grace Worth • Dec. 3, 7:30 p.m. • We will discuss the relationship between the development of conscience and compassion.

The Genesis Meditations with Mary Fran Uicker • Workshop: Nov. 2, 9:30-3 p.m.; Enrichment Sessions: Nov. 11, 18, 25; 2-3:30 p.m. or 6-7:30 p.m. • Based on the work of Neil Douglas-Klotz, this program invites attention to the spiritual themes that undergird these sacred stories: darkness and light, wisdom and abundance, the role of the human. Through sung melodies, gentle movement, and guided reflections, we can awaken more deeply to the power of creation as it is still unfolding in the universe and in our own personal experience. $30 for workshop, $20 for enrichment sessions with package discount available. Call Elizabeth at 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

The Powers of the Universe Within Us with Joan Kusak • Sept. 5, 12, 19, Oct. 3, 10, 17, 24; 2-3:30 p.m. • This discussion and reflection will be based on Brian Swimme's exploration of the powers coursing through the universe and each of us. Participants will discover the universal forces within as they learn to align themselves with the powers of the universe to enjoy a new sense of being and relating to the world. Free will offering. Call Elizabeth at 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Nonviolent Communication with Joan Kusak • Sept. 11, Oct. 2, and Nov. 13; 5-6:30 p.m. • Based on the program of Marshall Rosenberg, come and join us as we reach beneath the surface and discover what is alive in us. We will explore how all of our actions are based on human needs that we are seeking to meet. When we understand our needs, we create a deeper connection with ourselves, nature, and others around us. $25. Call Elizabeth at 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Recovering a Sense of the Sacred with Joan Kusak • Nov. 7-Dec. 19: Thursdays, 2-3:30 p.m. • In our study, we will ponder conversations with the late Thomas Berry, a Catholic priest, mystic, and sage. We will explore his vision, his deep communication with the earth and its beings, and see the implications of this work for our future. $30. Call Elizabeth at 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Diamond Approach Weekend with Gregory Beck • Nov. 2 and 3, 9:30 a.m.-4:30 p.m. • Learn a contemporary spiritual path developed by A.H. Almaas, a path from personality to being. Weekend includes meditation, psychodynamic exercises, and being in presence. $135. Call Gretchen at 213-0579; michiganglda@gmail.com.

Aetherius Radio Live with Richard Lawrence and Chrissie Blaze • Third Tuesday of each month, 1 p.m. • Discover the cosmic message for this age revealed through the legendary master of yoga and medium Dr. George King, between 1954 and 1997. The show will explore topics including life on other planets, karma and reincarnation, spiritual and psychic development, healing, The Twelve Blessings, psychic protection, UFOs, cosmic avatars, and more. Free. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Monthly Ascension Support Class with Eve Wilson • Every four weeks starting Thursday, Sept. 12, 7:30-9:30 p.m. • Smoothing the path of your ascension! Clear old soul contracts, receive upgrades and downloads of higher levels of soul, body, DNA, and more. Ride the waves of change on Earth with ease and grace. $300 for six classes. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

The Crazy Wisdom Calendar will be posted online starting
September 1, 2013 at crazywisdom.net.

Remembering Wholeness with Barbara Brodsky and the Brothers and Sisters of Light • Sept. 8, Oct. 13, Nov. 10, Nov. 23 • The Brothers and Sisters of Light channel through Barbara to assist us with deep remembering and to fully enact our wholeness, as well as releasing obstacles to realizing our true nature. You will sit in quiet prayer and meditation, then go individually in front of the Mother (the Divine Feminine being channeled through Barbara) and receive darshan, a loving energy exchange. Going back to your seat, you will receive support with your intentions from the multitude of Light Beings in the room. By donation. Call Amy at 660-0898; amyspirit@gmail.com or corinthianscenter.org.

Storytelling

Storytelling for Grownups with Members of the A2 Storytellers' Guild • Sept. 12, Oct. 10, Dec. 12 at Crazy Wisdom Tea Room • Join in the fun as local storytellers share personal stories and folktales for adults and ages 14+. As time allows, audience will have a chance to share brief stories in the informal storytelling circle that follows each performance. Participation is encouraged. Donations accepted. For times, contact Laura at laurastory62@gmail.com or crazywisdom.net.

Tellabration Storytelling Concert for Adults • Nov. 15, 7:30 p.m. • The Ann Arbor Storytellers' Guild presents its annual concert for ages 14 and older. $15. Call 662-3770; lauragami@provide.net or annarborstorytelling.org.

Ann Arbor Storytellers' Guild Monthly Meetings • Fourth Sundays of each month, 2-4 p.m. • Monthly meetings always start with stories and then, more stories! Listeners and tellers welcome. Call 662-3770; lauragami@provide.net or annarborstorytelling.org.

Tellabration Family Storytelling Concert • Nov. 17, 2 p.m. • The Ann Arbor Storytellers' Guild presents a concert for ages 4 and older. Free. Call 662-3770; lauragami@provide.net or annarborstorytelling.org.

On the Way: Tales of Travel and Transformation with Journeys International and Allison Downey • Sept. 27, 7 p.m. • Come listen to stories about how the power of travel transforms the human spirit. After 35 years of world travel, Journeys International hosts its partners and travelers from more than 15 countries to share in this joyous anniversary celebration. $10. Call Joey at 665-4407; joey@journeys.travel or journeys.travel.

Stress Management

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Sept. 27, Noon-1:30 • Tune into messages from your body, mind, emotions, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Leave with coping strategies to increase your effectiveness. $30. Call Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

A Morning for Giving Thanks with Self Realization Meditation Healing Centre • Nov. 23, 10 a.m.-1:30 p.m. • Celebrate the Thanksgiving season and prepare for a less stressful holiday season. $35 includes a vegetarian lunch and refreshments. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Alexander Technique and Stress "Enlightenment" with Kathy Moore • Sept. 11-Dec. 11: Wednesdays, 6:30-7:30 p.m. • Alexander Technique teaches us to discern when our responses to life are stressing our minds and bodies, teaches how to unravel the knots of over-tension, shuts down the neural pathways of negative habits, and encourages natural balance, alignment, and strength. $300. Call 668-8146; kathy@moore-voice.com or moore-voice.com.

Sustainability

Preparing for the Great Disruption with Michael Andes • Oct. 12, 10 a.m.-5 p.m. • This will be a woodland retreat at a cabin one hour from Ann Arbor, and includes visioning and imagining personal action in response to climate change. One book required reading, titled *The Great Disruption*, and one dvd, titled "Thrive". $40 per person or $75 per couple. Call 662-5215; mandes@comcast.net.

What is This Sustainability Thing, Anyway? with Eric Harrington • Sept. 18, 7-9 p.m. • A general introduction to sustainability and what it means from a number of different perspectives. Free. Call Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

Tai Chi, Martial Arts & Self Defense

Wu Style Tai Chi with Marilyn Feingold at Jewel Heart • Sundays: Sept. 1-Dec. 29, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. Due to possible schedule changes, check with Jewel Heart to confirm. $5 suggested donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Tai Chi with Michigan Tai Chi Association • Begins the week of Sept. 9 • Tai Chi is a great overall exercise that can be practiced by people of all ages and health conditions. Tai Chi is a meditation form of exercise that promotes balance and flexibility, and has been found to reduce stress and lower blood pressure. $40 per month unlimited, $30 per month for seniors. Call Sally at 591-3530; michtaichi@aol.com or taotaichi.org.

Tai Chi: Yang Style Short Form with Wasentha Young and Sifu Carey • Sept. 9-Dec. 12: Mondays, 10-11:15 a.m.; Tuesdays, 7:15-8:30 p.m.; Thursdays, 7:15-8:30 p.m. • Tai Chi is a Chinese internal martial art consisting of a series of postures linked together in a continuous and fluid form. As a moving meditation, it promotes balance, coordination, concentration, and relaxation. This class is for students who are learning the form. $185 for all beginner classes, morning and evening, as well as practice sessions on Saturdays. Call Wasentha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Wu Style Tai Chi Chuan with Sifu Genie Parker • Thursdays, 6 p.m. and Sundays, 2:30 p.m. • Beginners classes offer the opportunity to learn Wu style tai chi chuan, a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45 monthly for one class per week; $70 monthly for two classes per week with first class free. Call Sifu Genie Parker at 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Fundamentals of Taichi and Qigong with Joel Robbins • Tuesdays, 7:45-8:45 p.m.; Wednesdays, 6:30-7:30 p.m.; Sundays, 1-2 p.m. • The meditative exercises Qigong serve as the foundation for the martial art Taichi. This class will explore essentials of both arts with an emphasis on body mechanics and health promotion. Cost varies. Call 315-0573; jrherbsandacupuncture@gmail.com or jracuherb.com.

Martial Arts Classes at Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of marital arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s. Classes include yoga, pilates, cardio kickboxing, bootcamp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as "the Way of harmony with nature or universal energy". Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strive to create harmony with nature. Children's classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes offered • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance, with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in asian culture. Children's classes offered also. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes offered • Classes include Chen style tai chi chuan basic principles, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance, relaxation, and whole body unity. $85 per month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center • Ongoing classes offered • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children's program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Okinawan Karate Club of Ann Arbor with Barb Christensen • Ongoing weekly classes • This club is a group dedicated to the teachings of Grandmaster Eizo Shimabukuro's karate, kobudo, and jujitsu. Classes available for women, teens, and children. Call 678-3882; senseibarb@karateannarbor.com or annarborokinawankarate.com.

Ann Arbor College of Martial Arts • Various weekly classes • This school offers a comprehensive self-defense system. It is also a fitness, health, and personal defense center with classes in martial arts, cardio kickboxing, Pilates, zumba, children's fitness, women's self defense, and shaolin martial conditioning. Call 913-6000; A2CoMO@gmail.com or A2CMA.com.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1 per minute. No appointment necessary. Call 660-9680; rebeccawilliams999@comcast.net.

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Tarot • Psychic • Intuitive • Astrology • Palmistry

Readers in the Crazy Wisdom Tea Room

No appointment needed; Readings $1 per minute

Monthly Schedule

Psychometry Readings with Barbara Pott
1st and 3rd Sundays, Noon-3 p.m.
awencrafts@gmail.com - 734.576.5707

Intuitive Readings by Marcella Fox
1st and 3rd Sundays, 3-6 p.m.
marcellapfox@gmail.com - 734.717.8513

Palmistry Readings with Vijayalaxmi Shinde
1st and 3rd Saturdays, 3 to 6 p.m.
and 2nd and 4th Sundays, 3 to 6 p.m.
vijaya_laxmi@comcast.net - 734.222.9160

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net - 734.660.9680

Tarot Readings with Randy Weiser
1st and 3rd Fridays, 7-10 p.m.
randy_weiser@yahoo.com - 734.482.9874

Intuitive Readings with Irena Nagler
2nd and 4th Fridays, 6:30-9:30 p.m.
birena@umich.edu - 734.996.1772

Astrology Readings with Alia Wesala
1st and 3rd Saturdays, 7-10 p.m.
allfourangles@gmail.com - 734.719.0782

Crazy Wisdom Bookstore & Tea Room
114 S. Main St., Ann Arbor
734.665.2757 - crazywisdom.net

Do You Have a 21st-Century Private Practice?

By Chris Wucherer

Christine Wucherer

For over thirty years, Christine Wucherer has been a clinical social worker, spending most of her career in private practice. Ten years ago, she trained as a life and business coach and added this niche to her practice.

Running a private practice in the midst of an economic downturn in a geographic area with lots of competition can feel as futile as pulling a wagonload of molasses uphill. At every turn, we ask ourselves, why are we doing this? What is the payoff to all this hard work? Where did my joy go, and isn't there an easier way to get to my goal?

We all have stories that inform who we are and what we do for a living. For over thirty years, I have been a clinical social worker, spending most of my career in private practice. Ten years ago, I trained as a life and business coach and added this niche to my practice.

Over the course of my career, I have experienced the ups and downs of running a private practice, from the early years of abundant clients and a great income, through the managed care era, and now, in the environment of economic challenge, insurance industry domination, and the rise of social media.

When I was working with family business owners from the late 80's through the mid-90's, I became interested in integrating more traditional business ideas into the running of my private practice. I began to see that if my practice was not just going to survive, but thrive, it was important to begin thinking like a business owner rather than a private practitioner.

Language is powerful and shapes who we are in the world, personally and professionally. A "private practitioner" practices the art of psychotherapy, Reiki, massage, acupuncture, and so on, whereas a "business owner" defines, grows, markets, and runs a business. This is a tough shift for most private practitioners. We love what we do. We want to be with our clients, listen deeply, ask interesting questions, provide helpful feedback, and offer relief in the way our profession demands. We want to help people heal and grow through their pain into happier, more functional people. This is who we are trained to be and what we are trained to do.

> Language is powerful and shapes who we are in the world, personally and professionally. A "private practitioner" practices the art of psychotherapy, Reiki, massage, acupuncture, and so on, whereas a "business owner" defines, grows, markets, and runs a business. This is a tough shift for most private practitioners.

The nuts and bolts of running a business is antithetical to what we feel is our soul work. We seem to have a severe allergy to business concepts and models. We are confused by terms such as mission, vision, values, and goals — and wonder what they have to do with helping people heal. Focusing on such things feels like a distraction. We just want to be with clients and use our healing practice to help them lead healthy lives.

I understand this. I have been through all the phases of change from having a private practice to running a business. These phases parallel the stages of loss: denial, anger, grief, and acceptance. It's common to deny that a change in how we practice is necessary, to feel anger because we have to spend time learning business concepts and applying them to our practice, and to feel grief that the climate for private practice is becoming more complicated. Finally, we accept the inevitable, which means rolling up our sleeves and getting down to business.

Currently, I have a thriving private psychotherapy business working with clients three days a week out of my home. My overhead is low, my clients are ideal, my income is good, and my joy for work is back.

The bald truth is that the glory days of private practice are over. The landscape is changing for healing professionals, and it is only going to get more difficult to ply our craft, as solo or group practitioners, and make money while doing it.

The business of healing professionals is no different than any other business. Things change and thus businesses need to change what they do, what they offer, and how they do it — or they die. Video stores are gone; instead we use Netflix or stream shows from sites like Hulu. Bookstores are fading; instead we download books to our Kindles, Nooks, or iPads. When was the last time you listened to a cassette tape or CD? Now we use iPods or other mp3 players. In other words, the storefront we were once used to is either no more, or has morphed into a newer version of itself. Our challenge as healing professionals is to shift from having a practice to running a business in a way that works with our values and sensibilities — to establish a newer version of our business.

You may be surprised to find that many business concepts are simpatico with the healing arts. Here are some key tips that will help convert your practice into a thriving business:

- Build a solid foundation for your business by creating a three-dimensional vision that includes your ideal practice, clients, and income. Do you work with your clients to visualize change, to help them see themselves as healthier, less anxious, and more confident? In a similar way, you can create a vision for your ideal healing business. As Walt Disney said, "If you can dream it, you can do it."

> The bald truth is that the glory days of private practice are over.

- Take small steps and work steadily toward the vision of your ideal healing business. If you accomplish two or three small steps every day, at the end of 30 days, you will have taken between 60 and 90 steps (completed goals) toward the thriving healing business you visualized. For example, if your ideal practice involves spending less time on administrative tasks and more time doing what you love, you might set a small goal to research three billing systems daily. Other small daily steps could include putting $50 each pay period toward an automated billing system and reading one article online about the business of the healing professional.

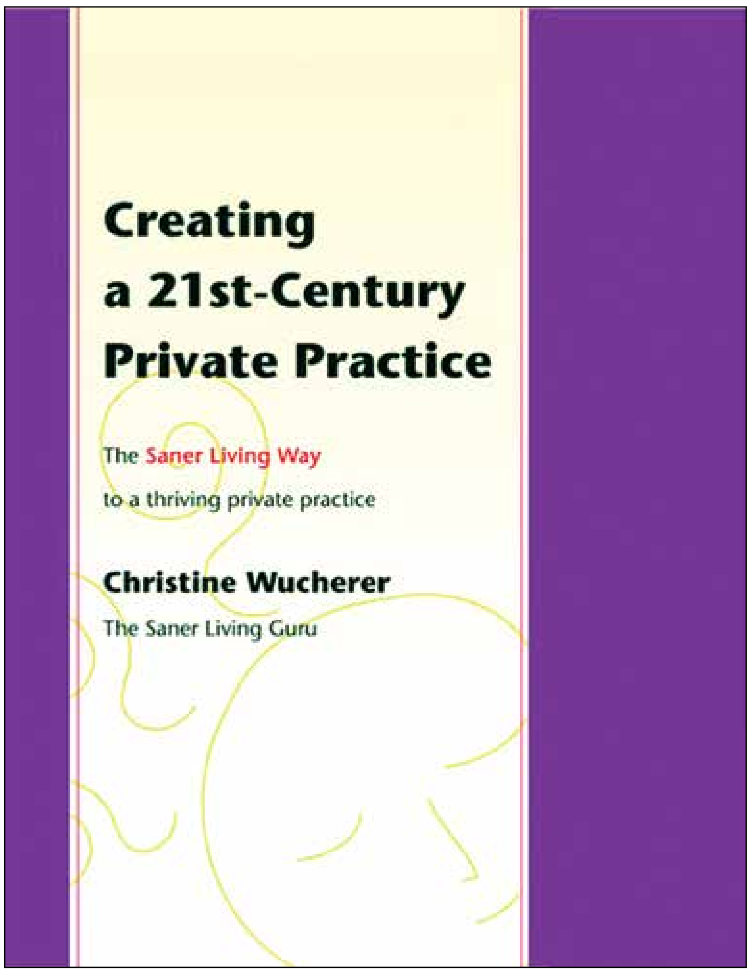
- Identify your fears and discover how you are getting in your own way. Fear-based living is common, and as healing practitioners, we share many techniques with clients to help them recognize and overcome their fears that we can apply to our own efforts as well.
- Invest money in your healing business. We ask our clients to invest their money with us to help them improve their lives. Similarly, we have to invest money in our business so we can work smarter, not harder, and spend our energy on what brings us joy.

> Our challenge as healing professionals is to shift from having a practice to running a business in a way that works with our values and sensibilities — to establish a newer version of our business.

- Familiarize yourself with new technologies, from web-based billing programs, to social media, such as podcasts, blogs, Twitter, videos, and Facebook business pages. We encourage our clients to move beyond excuses and fears and try new things because we know it works. The same is true for shifting our business models. We have to hunt more for clients, and social media is a low-cost way of marketing.
- Get support. I have had a business coach, and I currently have a small group of trusted colleagues who are not in the healing arts with whom I meet monthly for business support, advice, and brainstorming.

The bottom line is that you love what you do, and you deserve to make money doing it. While change is not easy, it is constant, and getting proactive about upgrading your private practice will allow you to be in charge of change rather than a victim of it. The landscape of the healing professional's business world is evolving. Where do you want to be in five years?

Chris Wucherer is a psychotherapist and a life and business coach with over 30 years of experience. She is the author of Creating a 21st-Century Private Practice: The Saner Living Way to a Thriving Private Practice. *She loves helping people and businesses create saner lives and saner businesses. Her website is www.centerforworkandlife.com, and her blog is www.thesanerlivingguru.com.*



Tarot & Divination (continued)

Drop-In Tarot Readings with Randy Weiser in the Crazy Wisdom Tea Room • First and Third Friday of each month, 7-10 p.m. • Randy has been offering tarot readings, teachings, and parties for over a decade. One of Crazy Wisdom's long-standing Art Fair readers, Randy's dynamic energy draws mysteries of the past, present, and future from the cards. $1 per minute. No appointment necessary. Call 482-9874; randy_weiser@yahoo.com.

Drop-In Psychometry Readings with Barbara Pott in the Crazy Wisdom Tea Room • First and Third Sundays, 12-3 p.m. • Understand the past, guidance for the future intuited from your small objects or pictures. $1 per minute. No appointment necessary. Call 576-5707; awencrafts@gmail.com.

Tarot Reading from Within and Beyond Just Cards: From Beginner to Expert with Tetropod Productions • Tuesdays, 5-7 p.m. • This six to eight week course is for any level of reader. Classes include hands-on instruction, take home tools and guides, comprehensive astrological planetary/timing schedules, solar/lunar projections, and customized lessons with email and phone support. Free. Call Patrick at 517-574-9924; artistictarot@yahoo.com or facebook.com/ashowoflove.

Tea Events

Halloween Fairy Tea at Crazy Wisdom Tea Room • Oct. 24, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Be spooky! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

Fairy Tea at Crazy Wisdom Tea Room • Dec. 5, 4 p.m. seating • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

Therapy & Support Groups

Mindfulness-Based Cognitive Therapy with Mariko Foulk • Oct. 5-Nov. 22: Fridays, 1:30-4 p.m. • Group psychotherapy for people age 60 and over, based on mindfulness, to prevent future relapse of depression and anxiety. Pre-group assessment interview required. Covered by Medicare and most health insurance. Call 764-2556; mfoulk@umich.edu.

The Resonant Therapist: Eight Principles of Attuned Psychotherapy with Partners in Healing • Jan. 11, Feb. 8, Mar. 22, April 26, May 31, Sept. 13, Oct. 11, Nov. 8, 2014; 9 a.m.-Noon • Each module will focus on a distinct principle and clinical attitude of psychotherapy. The course complements training in evidence-based practices by teaching approaches to dilemmas that fall outside the scope of standardized interventions. You must register in the Fall of 2013. $875. Call 926-0071; partnersinhealingpsychotherapy@gmail.com or partnersinhealingpsychotherapy.com.

Travel

The Power of Travel: A Forum Discussing the Future of World Exploration with Journeys International • Sept. 28, 1-4 p.m. • Travel with an open mind and open heart. Drawing on 40 years of boundary breaking explorations and heart warming connections in Asia, Africa, the Pacific, and the Americas, visionary eco-tourism pioneer Will Weber will be the keynote speaker at a forum discussing the future of world exploration. Breakout sessions will be led by partners from 15 countries, including Myanmar, Uganda, Rwanda, Bhutan, Tanzania, India, Kenya, China, and Turkey. Topics include where to see endangered species, disappearing destinations, delving into the rainforest, connecting across cultures, exploring Buddhist Asia, and where others dare not go. Free. Call Joey at 665-4407; joey@journeys.travel. or journeys.travel.

Weight Management

Recupera Tu Figura Y Gana Salud con Julissa Hernandez • Sept. 21, 9 a.m.-1 p.m. • Mas del 30% de los adultos y los ninos son ahora considerados obesos. Si usted o un ser querido han sido diagnosticados con cualquier de estos problemas, o le gustaria saber que se puede hacer para bajar de peso efectivamente a reducir el riesgo, su asistencia a este cursillor es une necesidad! $35. Call Lola at 646-7395; cindyklement@gmail.com or cindyklement.com.

Wilderness Awareness

After School Wilderness Skills Series with Frank Levey • Sept. 18-Oct. 24: Six Wednesdays or Six Thursdays, 4-6 p.m. followed by an overnight Oct. 25 • These classes will focus on basic wilderness living skills, from primitive to modern, as well as knife work and fall wild plant harvest. $175. Call 657-8742; frank@awakened-breath.com or awakened-breath.com.

The Crazy Wisdom Calendar

Wilderness Awareness (continued)

An Evening with Sandhill Cranes • Nov. 17, 2-6:30 p.m. • Fieldtrips are for adults, too! Join us as we carpool to see the spot where, last year, 8,000 sandhill cranes were counted coming in to roost for the night. We will enjoy the evening as this large bird buzzes the treetops surrounding their marsh roost. Their reverberating primitive call makes a wonderful back drop as we use binoculars and spotting scopes to get a bird's eye view of their evening home and that of many other birds. $10 per person or $38 per family. Call Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Fireside Fun: A Good Old-Fashioned Campfire Circle • Sept. 15, Oct. 13, Nov. 10; 6:30-8 p.m. • One Sunday per month, we'll be stoking the fires. Bring your family, camp chairs, and s'mores fixings, and we'll provide a blazing outdoor campfire and plenty of marshmallows. Free. Call Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Lantern-Lit Full Moon Walk • Nov. 16, 6-7:30 p.m. • Join us for an enchanting self-led, lantern-lit walk through the woods. Read poems along the way, make moon shadows, and warm up around the fire with hot cocoa and story sharing. $8 per person or $30 per family. Call Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Womenspirit

WomanSafeHealth Open House with Elizabeth Shadigian • Sept. 19, Oct. 24, Nov. 21, Dec. 19; 4-5 p.m. • We welcome women and girls of every age and ability, size, shape, color, sexuality, and identity, from all social, spiritual, and cultural backgrounds. Come in and bring your friends and family to meet the staff and see how different our woman-centered care is. Free. Call 477-5100; info@womansafehealth.com or womansafehealth.com.

Conversations at the Battered Women and Children's Memorial Garden with Advisory Council Members • These are open discussions for the community about the organization's guiding principles. Free. Call Elizabeth at 477-5100; info@memgarden.org or memgarden.org.
Speak Truth to Power • Sept. 1, 1:30-3 p.m.
Make Privilege Visible • Oct. 6, 1:30-3 p.m.
Eradicate Misogyny • Nov. 3, 1:30-3 p.m.
Memorial Garden's Mission and Vision • Dec. 1, 1:30-3 p.m.

Crossroads: The Midlife Journey with Janene Ternes • Nov. 13, 8:30 a.m.-4 p.m. • As a woman, you care for others in all phases of life. Midlife can be one of the most exciting and yet most challenging times for any woman. Come explore the impact of life transitions on women in middle adulthood. Discover holistic approaches to support and educate women, so you can meet the challenges and discover your gifts in the process. $50. Call 247-2422; prayerinmotionjt@aol.com or prayer-in-motion.com.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Sept. 13, Noon-1:30 • Begin to identify your unique career dream and gifts to share with the world. Release blockages and step into a flow state. Create an action plan. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

General Civil and Private Practice Mediation Training with Zena Zumeta and Susan Butterwick • Nov. 15-17 and 22-24 • This program provides up to 40 hours of hands-on Civil Mediation Training, including presentations, skill practice, videotape analysis, and more. Approved by the Michigan State Court Administrative Office as the training requirement portion to become a Civil Court Mediator in Michigan. $1,200 with early registration discount available. For times, call Zena at 663-1155; info@learn2mediate.com or learn2mediate.com.

Building Your Birth-Related Business with Patty Brennan • Oct. 12, 8:30 a.m.-5:30 p.m. • Come and learn the skills necessary to be successfully self-employed in your birth-related or other mother-baby service-oriented business. What are the first steps? How do you manage risk, set up a record keeping system, and stay out of trouble with the IRS? Understand and embrace marketing. $120 with early registration, $135 thereafter. Call 663-1523; patty@center4cby.com or center4cby.com.

Building Your Business by Infusing Spirituality with Karen Greenberg • Oct. 27, 2-7 p.m. • Uncover and remove your hidden, sabotaging beliefs, emotions, behaviors, and patterns that are preventing you from creating, receiving, and sustaining the prosperity that is your birthright. Replace them with universal, spiritual principles, laws, and practices. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Writing & Poetry

Crazy Wisdom Poetry Series at Crazy Wisdom Tea Room, hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays of each month, 7-9 p.m. • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net.
Second Wednesdays, 7-9 p.m.: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.
Fourth Wednesdays, 7-9 p.m.: Featured Reader, 7-7:45 p.m. followed by Open Mic Reading, 8-9 p.m. All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.
Sept. 25 • Sue Budin • She has published poems in *Poetica*, *Third Wednesday*, and *The Meridian Anthology of Contemporary Poetry*. Her new book of poems, *After the Burn*, expresses empathy with others and explores connections between visual art and language. While on staff at Ann Arbor District Library, she led writing workshops for youth and arranged poetry readings there. She has won awards in Current magazine's writing contest.
Also on Sept. 25 • Alexander Weinstein • He has fiction and translations in *Cream City Review*, *Notre Dame Review*, *Pleiades*, *Sou-wester*, *World Literature Today*, and *New Stories from the Midwest 2013*. A professor of Creative Writing at Siena Heights and a lecturer at Univ. of MI, he graduated from Indiana Univ. and Naropa Univ., and is director of Martha Vineyard's Institute of Creative Writing.
Oct. 23 • David James • Published in 4 chapbooks and two books of poems, his most recent collection, *She Dances Like Mussolini*, won the 2010 Next Generation Indie book award. His poems have appeared in *Iowa Review*, *Literary Review*, and *Rattle*. Six of his one-act plays have been produced off-off-Broadway in New York and a score more in MA, MI, and CA. He teaches writing at Oakland Community College.
Dec. 4 • Jack Ridl • A multiple-award-winning poet from western MI whose latest book is *Practicing to Walk Like a Heron*. His *Losing Season* - about an entire small town suffering through a dismal performance of its high school basketball team - was named 2009's best book about sports. Poet laureate Billy Collins chose Ridl's *Against Elegies* for a chapbook award. Editor of many poetry anthologies, he is retired from Hope College. (There is no reading in November because of Thanksgiving.)

Meaning and Writing with Kathy Moore • First meeting: Sept. 20, 1 p.m. or Sept. 14, 10 a.m. • This writer's group is being formed by an author in the middle of her first book. Come to connect with other artists and to share experience, support, and give/receive intelligent feedback. Interest in shared leadership. Free. Call 668-8146; kathy@moore-voice.com or moore-voice.com.

Poetry Reading: Andrei Codrescu • Sept. 13, 7-9 p.m. • Codrescu will read his poetry in the gardens of White Lotus Farms. A booksigning and reception will follow. Free. Call Sarah at 707-1284; sarah@onepausepoetry.org or onepausepoetry.org.

Art in the Garden with Poets Malena Morling and Michael McGriff • Sept. 20, 7-9 p.m. • One Pause Poetry partners with White Lotus Farms for a reading of poets as part of their Art in the Garden Fall Series. The poets will read from their own work and also from their recent translations of Tomas Transtromer. A booksigning and reception will follow. Free. Call Sarah at 707-1284; sarah@onepausepoetry.org or onepausepoetry.org.

Writing Workshop Series: An Open Studio with Robert Palmer • Five Wednesdays, 7-8:30 p.m. • Experience new and innovative ways to write and access your higher, creative selves both personally and/or professionally. Successive workshops give your preliminary work form (newsletters, projects, proposals, reports, articles, essays, poems, stories, songs, novels, media or artwork). For both the novice and experienced writer, we promote writing as healing. $195. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Yoga

Yoga with Marina Lualdi • First and Third Monday of each month, 6 p.m. and 7 p.m. at Crazy Wisdom Community Room • Experience a fluid Hatha yoga class involving spinal flexion and breathing techniques. Feel great and breathe easy. No class on Labor Day. $12 per class. Call 686-9143; marinalualdi@gmail.com.

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a welcoming and intimate atmosphere, an alternative to commercial studios and gyms. Classes are small, a maximum of 12 people, to allow for individual attention. For descriptions and fees, call 761-8409; info@christydeburton.com or yogaroomannarbor.com.
Monday: 4:30 p.m. • Hatha; 5:45 p.m. • Vinyasa; 7 p.m. • Yin
Tuesday: 9:30 a.m. • Hatha; 5:45 p.m. • Vinyasa; 7 p.m. • Energy Flow
Thursday: 4:30 p.m. • Hatha; 6 p.m. • Vinyasa
Saturday: 8:30 a.m. • Vinyasa; 10 a.m. • Hatha

Inward Bound Yoga at Friends Meetinghouse • Fall Session: Sept. 9-Oct. 26, Late Fall Session: Oct. 28-Dec. 21 • Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including several levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga yoga, and several flow classes coordinated with music. No classes held week of Thanksgiving. For class descriptions and fees, visit ibyoga.com.

Yoga Classes at Zen Buddhist Temple • Beginning and experienced students in the classes learn traditional (hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. $60/6 sessions or $12 drop-in. Call 761-6520; annarbor@zenbuddhisttemple.org.
Yoga I • Six Tuesdays starting Sept. 10 or Oct. 22, 6-7:30 p.m.
Yoga II • Six Tuesdays starting Sept. 10 or Oct. 22, 6:30-8 p.m.

Yoga Classes with Michele Bond of Yoga House • $13 if registered or $17 drop-in with permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.
Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 6:00-7:30 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class based on the teachings of Anusara Yoga, which blends the science of biomechanics with an openhearted, uplifting philosophy.
The Practice • Wednesdays 6-7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun, energetic practice.
Rise and Shine Yoga • Fridays 7-8:15 a.m. • We begin by candlelight, watch the sun rise over the treetops, and end in the full light of the new day with an intermediate practice.
Yoga Happy Hour: Basics plus Restorative • Fridays 5:45-6:45 p.m. • Learn basic alignment, simple postures, and breath, along with some delicious restoratives. Feel your stress melt away. $10 or $12 drop-in.

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg • Daytime, Evening, and Saturday Classes offered Sept. 9-Dec. 21 • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. $98 for 90 minute class for seven weeks. For complete class schedule, call Sue 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.
Welcome Week • Sept. 3-7 • Free classes and some classes we hold for a local charity for $20 suggested donation.
Restorative Yoga with Pam • Oct. 11, 6-7:30 p.m. • Learn how to use yoga poses to rest, restore, and rejuvenate yourself. $20.
Free Yoga Classes with Sue • Sept. 27, Oct. 25, Nov. 29, Dec. 27; 6-7 p.m. • Get rid of stress and feel rejuvenated and ready for the weekend. Everyone is welcome.

Kripalu Yoga: Compassionate Presence with Tatianah Thunberg • Sept. 10-Dec. 19: Tuesdays or Thursdays, 5:30-6:45 p.m. • Explore the fullness of Hatha yoga in the Kripalu tradition. Open your heart through cultivating a practice founded in compassion, equanimity, and lovingkindness. Build skills on the mat that support skillful living off the mat. Limited to 10 students. $15 drop-in or $175 for the series. Call 904-3035; spiritmovesyoga@gmail.com or spiritmovesyoga.com.

Partner, Acro, and Thai Yoga Massage Playshop with Tatianah Thunberg and Connor Otto • Oct. 5, Nov. 9, and Dec. 7; 10:30 a.m.-12:30 p.m. • Dynamic partner yoga postures offer an opportunity to explore Hatha yoga while cultivating closeness and subtle communication. Acro yoga offers the gift of flight and strength. Thai yoga massage offers an opportunity to continue this conversation through giving and receiving touch grounded in breath and supported by compassion and lovingkindness. $25 or $20 pre-registered. Call Tatianah at 904-3035; spiritmovesyoga@gmail.com or spiritmovesyoga.com.

Yoga for Emotional Balance with Barbara Brookens Harvey • Seven Mondays starting Sept. 9 and Oct. 28, 6-7:30 p.m. • This Hatha yoga class promotes physical, emotional, and spiritual well being. Basic yoga postures, breath work, and relaxation methods promote grace, flexibility, strength, balance, and stress reduction. $110. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Iyengar Yoga Mini-term with David Rosenberg • Sept. 5-19: Thursdays, 7-8:30 p.m. • This three-session introduction to the Iyengar method of yoga includes invigorating yoga postures that strengthen the body, create a feeling of well being, reduce stress, and release tension through physical activity and meditation. The use of yoga props and individualized teaching are emphasized so students of varying experience, ages, flexibility, and strength can participate together. $35. Call Sheri at 994-2300; judkins@aaps.k12.mi.us or aareced.com/reced.hom/catalog.

Iyengar Yoga Mini-term with David Rosenberg • Sept. 7 and 14, 10-11:30 a.m. • This is a two-session introduction to the Iyengar method of yoga. See above description. $25. Call Sheri at 994-2300; judkins@aaps.k12.mi.us or aareced.com/reced.hom/catalog.

Iyengar Yoga Classes with David Rosenberg • Sept. 21-Dec. 12: Mondays, 6-7:30 p.m.; Thursdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. • This is a full term session to experience the Iyengar method of yoga, which includes invigorating yoga postures that strengthen the body, create a feeling of well being, reduce stress, and release tension through physical activity and meditation. The use of yoga props and individualized teaching are emphasized so students of varying experience, ages, flexibility, and strength can participate together. $149 for 12 weeks or $139 for 11 weeks. Call Sheri at 994-2300; judkins@aaps.k12.mi.us or aareced.com/reced.hom/catalog.

Iyengar Yoga Classes with Karen Ufer of Yoga Focus • Fall Session: Sept. 9-Dec. 7 • Monday through Saturday, weekly classes of all levels offered, including gentle and postnatal. $15 per class pre-registered, $18 drop-in or $10 trial. Call 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Sivananda Yoga with Jody Tull • Sessions begin Sept. 4: Wednesdays, 6-7:30 p.m. or Saturdays, 9:15-11:15 a.m. • Sivananda yoga is a gentle practice that integrates yoga stretches with meditative practices, mindfulness, breathing, and yoga philosophy. Learn simple deep breathing exercises, then feel the breath carry you through the 12 asanas that will release the energy within to increase your capacity to de-stress, detox, and feel great! $150 for ten classes or $20 drop-in. Saturday class includes tea and discussion. Call 213-0435; jody@beinaweyoga.com or beinaweyoga.com.

Asana/Yoga Stretches Workshop with Jody Tull • Sept. 28, 11:30 a.m.-1 p.m. • This is your workshop to ask questions about each of the 12 proper yoga positions and spend time experiencing and learning proper alignment, deep expanded breathing, and meditation essential to maximizing the many benefits of Hatha yoga. An option will be practicing the eight steps that lead into a strong, powerful headstand. $20. Call 213-0435; jody@beinaweyoga.com or beinaweyoga.com.

Slow Flow Yoga with Joy Van Bael • Four-week class starts Sept. 13, Oct. 11, Nov. 8, Dec. 13; 9:30-10:30 a.m. • This slow flow yoga class with pranayama breath work is suitable for all levels, ages, and walks of life. Modifications will be taught for more advanced poses. $60 for series or $17 drop-in. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Yin Yoga Series with Joy Van Bael • Series of four classes starting the week of September 9 • This series offers delights for body, mind, and spirit. Classes include Candlelight Yin Yoga, featuring gentle shiatsu massage; Yin and Chocolate, with chocolate tastings between poses; Yin and live cello, with the healing qualities of music; and Wall Yin, for spinal alignment and energy. $60. For dates and times, call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

The Gales of November: Standing Firm for Life with Iyengar Yoga, with Laurie Blakeney • Nov. 1, 6:30-8:30 p.m.; Nov. 2, 9:30-Noon and 2:30-4:30 p.m.; Nov. 3, 8 a.m.-Noon and 2:30-4:30 p.m. • If you are a devoted, passionate practitioner of yoga, this weekend is for you! Iyengar yoga is known worldwide as the most authentic, potent form of Hatha yoga being taught today. Participants will explore the refined Iyengar yoga methodology under the guidance of a master instructor. $249. Call Christopher at 248-821-9642; chris@livingtraditionyoga.com or livingtraditionyoga.com.

Iyengar Yoga Classes with Laurie Blakeney • Ongoing Classes • Classes for all ages and abilities take place in a downtown studio. For cost, call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

Yoga Postures with Optional Lunch with Diane Kimball of Deep Spring • Wednesdays: 10:30-Noon with optional lunch, Noon-1 p.m. • Class is taught by Deep Spring Center experienced yogis and includes sitting meditation, yoga postures, and relaxation. Donation opportunity to teachers and Deep Spring. Call 477-5848; info@deepspring.org or deepspring.org.

In-Depth Yoga Therapy, Yoga, and Meditation Studies: 100, 200, 500, and 800 Levels with Ema Stefanova and Staff • Various times offered • Choose from authentic, custom-designed, basic through advanced yoga therapy, meditation, stress management, and other specialty programs. This is an excellent opportunity for deepening your knowledge and experiencing personal growth. These studies will improve your life, answer questions, and clear confusion about the art. For details and cost, call 665-7801; emastefanova@cs.com. or yogaandmeditation.com.

Holistic Health, Yoga, Meditation, and Spirituality Classes with Ema Stefanova and Staff • Come as you are. Leave relaxed, in better shape, and better equipped to cope with and handle family, work, health, and life's events. Satyananda style yoga is gentle and therapeutic by design. For details and cost, call 665-7801; emastefanova@cs.com. or yogaandmeditation.com.
Sundays: 9:30-10:45 a.m. • Open Level Yoga
Mondays: 4:30-5:30 p.m. • Stress Management Course
Tuesdays: 11:30 a.m.-12:30 p.m. • Open Level Yoga, 4:15-5:30 p.m. • Beginning/Gentle Yoga, 8:30-9:30 p.m. • Stress Management Course
Wednesdays: 7:15-8:15 a.m. • Fresh Start, 9:15-10:30 a.m. • Open Level Yoga, 4:30-5:45 p.m. • Guided Meditation
Thursdays: 8:30-9:45 a.m. • Beginning/Gentle Yoga, 11:30 a.m.-12:30 p.m. • Beginning/Gentle Yoga, 4:30-5:45 p.m. • Open Level Yoga
Fridays: 7:45-8:45 a.m. • Fresh Start, 12:15-1:30 p.m. Open Level Yoga, 4:30-5:30 p.m. • Guided Meditation, 6-7 p.m. • Open Level Yoga

Bikram Yoga Classes • Morning, afternoon, and evening classes offered • Bikram Yoga is practiced in a 105 degree room. Be prepared to sweat! All class times are good for beginners. Call Lora Rosenbaum at 975-0505; bikramyogaa2@gmail.com or bikramyogaannarbor.com.

Yoga Classes through University of Michigan • Various class times offered • Classes include yoga flow and restore, yoga for back care, yogilates, power yoga, laughter yoga, and chair yoga. All levels welcome. Call 647-7888; mhealthy@umich.edu or mhealthy.umich.edu/exercise.

Photographers Wanted

To take pictures for *The Crazy Wisdom Community Journal*. Moderate pay, wonderful exposure. It's also fun and interesting to meet the people we take photos of: healers, authors, bodymind therapists, yoga teachers, professors, holistic and spiritual types, and other fringe elements!

For more information, contact Bill Zirinsky at bill@crazywisdom.net

Teachers, Lecturers, Workshop Leaders and the Centers

Andrea Hill is pictured here at her practice at the Aprill Wellness Center on Ann Arbor's West Side. She offers therapeutic massage and bodywork and has been in practice since the 90's. Andrea's Body Poetry Breathwork classes incorporate gentle awareness and breathing exercises. (For details, see the Breathwork section of the Calendar on page 86.)

Aaron "is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition" and is channeled through Barbara Brodsky.

Fadia Abdouni is a healthcare provider and intuitive who dedicates herself to the study of energy and consciousness. She is fluent in Portuguese, Spanish, and Arabic.

Mary Adams is a longtime student of and speaker about Rudolf Steiner. She concentrates on the stars and planets.

Laurie Akerros, BA, MA, LMT, is an accredited teacher of subtle body energy healing with the International Network of Esoteric Healing. She maintains a private practice in Ann Arbor offering counseling, in person or distant energy healing sessions, craniosacral, EFT, and flower essence therapies.

Michael Andes, LMSW, is a therapist in Ann Arbor currently focusing on how we can collectively respond kindly and consciously to increasing social and environmental pressures.

Ann Arbor Storytellers' Guild is composed of artists, musicians, teachers, librarians, and others who gather monthly to share stories and develop the craft of storytelling.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga Teacher. She has taught connected breathing for over 30 years and is a Certified Breath Facilitator since 2004.

James Balmer is President of Dawn Farm, and has led the organization through its growth from a single residential program to a continuum of programs today.

Chuck Barbieri has been teaching parenting classes for eight years and has 26 years of experience as a teacher and homeschooling consultant.

Gregory Beck has studied the Diamond Approach for over 20 years and has taught for nine years in Michigan, New York, and Europe.

Melba Beine, OP, MD, is a Dominican Sister of Adrian and an Internal Medicine physician. She has been in private practice for over 20 years, and is also a hospice physician.

Sandra Berman comes to the Sage-ing Circle through a background in education, counseling, pastoral care, and meditation.

Brett Bevell teaches Reiki at the Omega Institute. He is author of *Reiki for Spiritual Healing*, *The Reiki Magic Guide to Self Attunement* and, most recently, *New Reiki Software for Divine Living*.

David Black has extensive training in the Sivenanda Yoga traditions and has had a strong daily practice for many years.

Laurie Blakeney has nearly 40 years Iyengar Yoga teaching experience. She is one of only 13 teachers in the U.S. to receive an advanced-level certification from B.K.S. Iyengar himself.

Chrissie Blaze is an author and healer/teacher in England and the U.S., and close student of Dr. George King. She has taught and promoted healing for over 30 years.

Gary Blaze is a longtime student of Yoga master Dr. George King and a diligent practitioner/teacher of Yoga Breathing and other spiritual disciplines for over 25 years. He is an author, spiritual teacher, and lecturer.

Bloom! Garden Center and new home of Elemental Design in Dexter provides creative and artful landscaping, plants, garden goods, as well as local produce and artisan breads from White Lotus Farms.

Carol Blotter has been practicing Insight (Vipassana) Meditation since 1989 and has been teaching since 1999. She is a teacher for the Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth.

John Bodary is Founder of Polarity Center. He has practiced Polarity for over 40 years and has a private practice in Livonia.

Michele Bond has over 500 hours of training in yoga and yoga therapeutics, and has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay, and studies meditation with Dr. Paul Muller-Ortega.

Lisa Bousson is an ordained spiritualist minister, a psychic medium, and a survival evidence medium who has been working with spirit since the age of four.

Julie Boyd is a licensed counselor who works with military veterans and their families.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author, and founded Michigan Doula Connection, a web-based nonprofit linking volunteer doulas with low-income families.

Barbara Brodsky is founding teacher of Deep Spring Center, has practiced meditation since 1960, and teaching since 1989. Her teaching draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Barbara Brookens-Harvey is a clinical social worker and yoga instructor. She believes that yoga, mindfulness, and the cultivation of joy allow the body to move towards physical, emotional, and spiritual well being.

Heather Brumwell has been working and studying in the natural health field for over 20 years in a variety of settings.

Kathleen Budesky, IHM, holds a master's degree in religious studies and spirituality. She has served secondary schools in religious studies departments and administration, and is director of Visitation North Spirituality Center in Bloomfield Hills.

Dawn Burnell-Powers is a Neuro-Developmental Therapist who has worked with the Masgutova Method since 2006. She has a private practice in Vancouver working with children with developmental challenges and adults with neurobiological injuries/diseases.

Kimberly Cardeccia, MA, LPC, is a licensed mental health counselor, as well as an experienced equestrian.

Kapila Castoldi is a student of spiritual teacher Sri Chinmoy and has studied meditation for over 27 years.

Sandra Kay Cehr is a body, mind, spirit, integration therapist active in the alternative health field for 20 years.

Teachers, Lecturers, Workshop Leaders and the Centers

Center for the Childbearing Year is Michigan's premier DONA doula training center and childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Mark Chappell-Lakin, DC, is a health and wellness professional who has chosen chiropractic care as the vehicle for helping people lead healthier lives.

Carol Clarke is a Licensed Esthetician, Usui Reiki Master, and TAOMCHI Master Crystologist. She is a certified Look Good Feel Better educator with the American Cancer Society.

Lori Coburn, MSW, is author of *Breaking Free: How Forgiveness & A Course in Miracles Can Set You Free* and has presented ACIM workshops nationally.

Andrei Codrescu was born in Transylvania, Romania and emigrated to the U.S. in 1966. He is a former professor of literature and poetry, has been a regular commentator on NPR's All Things Considered, and is the author of books, poetry, novels, and essays.

Rowena Conahan has a Bachelor's in Anthropology, and is a certified Montessori teacher and professional storyteller. She attended Tom Brown's Tracker School in New Jersey, Wilderness Awareness School's Art of Mentoring class, and Kamana Naturalist Training Program.

Karn Cornell has been an astrologer for over 30 years and is a spiritualist, minister, healer, medium, and teacher through the Christian Council of Spiritualist Churches of Great Britain. She utilizes the astrological consultation to assist in self-discovery and empowerment.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. She is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Nancy Davis, LMSW, LMFT, is an author and psychotherapist who has worked with couples for 35 years and has taught at Univ. of MI.

Dawn Farm provides a continuum of quality services for men and women with drug and alcohol problems.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has teaching certifications from Omega Institute in NY and the Center for Yoga in MI.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Allison Downey is a storyteller, singer-songwriter, writer, and educator.

Kate Durda, MA, is a developmental psychologist, shamanic practitioner, and educator. She has taught throughout the U.S., Canada, and Russia, and has an established shamanic healing practice, and co-founded Spirit Weavers, an organization devoted to providing experiential training in Shamanism, and offering shamanic healing.

Erica Dutton has been meditating for ten years and teaching for over three. Teaching students has become part of her practice.

Dwight Ebaugh is a longtime student of and speaker about anthroposophy, the philosophy initiated by Rudolf Steiner.

Kirsten Edgar is a dance and philosopher with a degree in Consciousness Studies.

Mara Evans is a teacher, healer, and consciousness evolutionary. She holds a Master's degree in Transpersonal Psychology, and is a Reiki Master Teacher and certified teacher for Realization Process Subtle Self-Work.

Linda Diane Feldt is a holistic health practitioner, teacher, and author of six print and eBooks and numerous articles. A student of healing arts since 1973, she has had a full-time private practice in Ann Arbor since 1980, and is in her 20th year teaching the free Herbal Wisdom series.

Beverly Fish is a psychic, astrologer, and paranormal investigator who has over 40 years of experience to share. She also offers personal investigations and readings.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman, and has made a career out of her passion for building community by bringing people together to drum.

Deb Foggio, owner of The Center for Integrative Well Being, is an intuitive Life Path consultant who assists people in discovering, developing, and living lives of purpose and prosperity. She is an intuitive, life coach, systemic constellations facilitator, teacher, and Bach Remedy consultant.

Mariko Foulk, LMSW, ACSW, is an experienced psychotherapist for older adults with depression and anxiety.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

Melanie Fuscaldo, MA, LPC, NCC, is a counselor and life coach specializing in career, life, and spiritual transformations.

Amy Garber is a medium, psychic, and channel who aids people on their path by consulting with their spirit guides, illuminating past lives, encouraging intuitive development, and connecting with departed loves ones.

David Garvin, LMSW, is Chief Operating Officer of Catholic Social Services of Washtenaw County and has been involved in the anti-domestic violence movement since 1986 when he founded the Alternatives to Domestic Agression Program.

Charles Gehrke, MD, FACP, FASAM, is an addictionologist and a Clinical Professor at the Univ. of MI Medical Center.

Patrick Gibbons, LMSW, DO, is Adjunct Clinical Instructor in Psychiatry at Univ. of MI. He practices psychiatry with the Washtenaw County Health Organization, is Medical Director of the MI Health Professionals Recovery Program, and a consultant in private practice with Pain Management Solutions.

Mary Grannan has been a meditator since 1977, began practicing Vipassana in 2001, and joined Deep Spring's teacher training program in 2004. She has devoted much time to studying and practicing the Dharma.

Jane Glazer, CPNP, is a board certified Pediatric and Family Nurse Practitioner. Her interests range from childbirth through the reproductive stages of life with special focus on children's and women's health.

Stewart Gordon teaches at the University of Michigan.

Green Apple Garden Playschool supports many aspects of natural family living.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar.
If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web.
Go to AnnArborHolistic.com.

Karen Greenberg has been a teacher of personal growth and Kabbalah for over a decade. She has a degree in Physical Therapy and has danced professionally.

David Hall is a 20 year Vipassana practitioner and meditation/consciousness facilitator who spent a decade building sustainable community in an eco-village. He is also a Qigong practitioner, educator, musician, gardener, writer, amateur microbiologist, consultant, father, and beekeeper.

Nirmala Hanke, MD, is a long time meditator and teacher of meditation at Lighthouse Center in Whitmore Lake. She is a psychiatrist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Eric Harrington is a consultant whose primary area of emphasis has been in the area of pollution prevention and product chemistry - looking at human health and environmental hazards of the ingredients in products and identifying safer alternatives.

Anna Marie Henrich teaches spiritual inquiry, mindfulness, meditative dialogue, and Vipassana Meditation practices and how to apply these to daily life.

Dr. Julissa Hernandez from New York City is an educator, international speaker, and teacher of Natural Medicine who is fluent in English, Spanish, and French.

Andrea Hill is a bodyworker, breathworker, and spiritual practitioner who offers self-care and awareness tools as a discovery process for finding a fuller, more beautiful relationship to life.

Sierra Hillebrand's work at Hygeia Center for Healing Arts draws on over 15 years of professional experience supporting individuals and families in their efforts to live healthy, joyful, fulfilling lives.

Steven Horne, AGH, is a professional clinical herbalist, natural healer, gifted writer, and teacher from St. George, Utah. He is also a professional member of the American Herbalists Guild, president of the Guild for four years, and a member of the International Iridology Practitioner's Association and treasurer/board member, with over 30 years herbal study.

Lynn Horowitz, MHS, OT, is an occupational therapist who has practiced Sensory Integration therapy for 40 years. She developed Motor Observations to assess children in order to develop treatment plans.

Maribeth Howell, OP, a Dominican Sister of Adrian, completed her doctoral studies in Hebrew Scriptures at the Catholic University of Leuven, Belgium in 1986. She has given talks, workshops, and retreats in the U.S., Belgium, and the Philippines.

Abby Humphrey has achieved a Masters degree in Acupuncture and Certification in Chinese Herbal Medicine. She has been a practitioner of Acupuncture for 14 years and also has certification in Massage Therapy.

Hygeia Center for Healing Arts is a community-based wellness center located in Ann Arbor dedicated to providing holistic healthcare and health education to people from all walks of life.

Interfaith Center for Spiritual Growth in Whitmore Lake creates an atmosphere and structure to foster and stimulate individual and collective spiritual growth.

Najette Jasey, CNP, Certified Holistic Nutritionist and graduate of the Institute of Holistic Nutrition in Toronto, provides cleints with nutrition, lifestyle, spiritual, and supplement suggestions designed to empower each individual to take control of their health.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

Sheree Johnson is founder and director of the Gestalt Counseling & Training Institute of Ann Arbor.

Communicating with Our Animal Friends

By Shoh Nah Hah Lieh

Shoh Nah Hah Lieh (Betsy Adams) is the author of *Self Love and the Healing of our Animal Friends*.

Animals are feelers and resonate deeply with the emotional body of their human, with each other, and with nature. So, when we allow ourselves to feel how we feel, and rest in these feelings without judgment, without running away from our feelings, automatically we are in intuitive communication with our animal friends. We do not have to struggle with the mind so hard, to try and "figure it out." If we just allow our feelings, what the animals are feeling will be given to us in that moment.

The human mind is a very active creation that tends to judge, measure, compare, and compartmentalize. It puts limits on the self, on the emotions, and on the heart. Animals have minds too, but not in the dominant manner of the human, by which I mean, their minds do not dominate their emotions. Human emotions and animal emotions are basically the same. Animals are feelers, and feelers just feel; feelings just "are" with no explanation. Human feelings are exactly like this too, and when we can go more into our feelings and not get so caught up in our minds, and especially our judgmental mind, we can much more easily get in tune with our animals and "communicate" with them.

> One way we might start is to say something like "the animals live in the dreamtime," meaning the animals who live so profoundly in their emotional bodies live as though they are in our own human dreamtime.

That is an interesting word, isn't it, the word "communicate"? It has so many levels of meaning. There is the mentally based communication that is so human. There is also the emotionally and heart based communication that is so human and animal. What I would like to share here is how to help oneself become more aware of how easy it is to communicate with our animals; how easy it is to "heart feelingly" communicate with our animals.

One way we might start is to say something like "the animals live in the dreamtime," meaning the animals who live so profoundly in their emotional bodies live as though they are in our own human dreamtime. Recall when we are dreaming how easy it is to just flow and move about from one reality or situation to another; how things in the dream can often morph into something else spontaneously. All of this just happens and we experience it without any explanation. It just is. We are just experiencing it and that's that. Not like living in the mind.

So one thing that will help with communicating intuitively with our animal friends is to just allow ourselves to relax our bodies, relax our minds, and, whenever possible, allow ourselves to receive the meditation that is the love of God, which is everywhere all the time. The love of God is Feeling, and it is by receiving this Feeling of Love that our own emotional bodies, our feeling bodies, can open more and more to our animal friends, our human and plant friends, and all of nature and the cosmos. And, as we relax, as we "give over" and allow ourselves to receive the energies coming into us, automatically what the animals wish to share with us will be given to us. It is this simple. There need be no efforting, or "trying to pick up" the information, or seeking to find out what the animal is "saying" to us. All will be given as we rest and relax and allow ourselves to receive what is always spontaneously flowing to and from our emotional bodies, those of the animals, of nature. Love.

> As we relax, as we "give over" and allow ourselves to receive the energies coming into us, automatically what the animals wish to share with us will be given to us.

It is a God-given and every day thing to be able to communicate with our animal friends. It is not something esoterically available to just a few. I have yet to meet one human who is unable to communicate with animals. I have had the really happy opportunity to help people "remember" their intuitive abilities, their communication abilities again. As children, we are in complete communication with our animal friends, with nature. We do not feel our bodies and our emotions as separate from nature, from the animals. As we grow older, we begin to separate from these emotions. It is just a matter of remembering, of allowing ourselves to feel again oneness with our bodies, emotions, and nature. When we remember this, we rediscover that animals are spontaneously always communicating with us. They have never stopped communicating with us. We stopped communicating with them! And this is okay really. It is just a matter of whether or not you want to be in a deep feeling relationship in your body, your emotions, and your heart, with the animals, with nature again. And ultimately, with the Love you Are.

I will say this: Never doubt that you can communicate with your animals. As a friend of mine, Michael, used to say, loudly, "Doubt the doubt!" Instead, find ways to be in peaceful, mind-quieting, serenity creating spaces and moments in your life. And while in these moments, breathe deep, deep into your cells, your body, your being, your essence, and allow yourself to feel how you feel. And sometimes if these feelings are scary or not nice, that is okay, just breathe them out to God and breathe in Love instead. It's like a replacement therapy. And then, while in this quiet and serene openness, gently, gently focus on your animal friends, on nature, on the one you wish to communicate with. This being will be there, and you will have a wonderful re-experiencing of who you are emotionally, a being tenderly created and in synchronicity with nature.

> Gently focus on your animal friends, on nature, on the one you wish to communicate with. This being will be there, and you will have a wonderful re-experiencing of who you are emotionally, a being tenderly created and in synchronicity with nature.

It has been my own experience that the animals are always present and happy to receive communion with us, with our heart. Even when your animal friend is ill, or perhaps becoming ready to pass on, always the animal loves to be in communication with you. Even the wildlife, all the creatures of nature, in all the various stages of their lives, love to be in communication with you. Never doubt this. It is the doubt within the human mind, its tendencies to create separation between the heart emotions and nature that has created so much doubt about our natural gifts here. Go into nature, explore, and above all receive the Love you Are. Have fun, enjoy, trust.

Shoh Nah Hah Lieh (Betsy Adams) is the author of Self Love and the Healing of our Animal Friends. *She brings over 30 years of experience in working with animals to bear in helping guide students to develop meaningful connections with their beloved animal companions. She teaches classes and workshops on topics such as "Exploring Intuitive Communication with Our Animal Friends" and "The Animal-Human Energy Bond" at Washtenaw Community College and other locations locally. She can be reached at: shohnahhahlieh@gmail.com.*

Teachers, Lecturers, Workshop Leaders and the Centers

Juanitaswan was born and raised in Guayaquil, Ecuador for 25 years. She is quechua with Inca roots, and she was an apprectice of her grandmother Medicine Woman, healer, midwife, and herbalist Anita Lino from the Andes.

Karma Thegsum Choling was founded in 1978 by Ven. Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra, seat of H.H. 17th Karmapa in the U.S.

Joanne Karpinen, PhD, is a licensed clinical psychologist, certified energy psychologist, certified Eden Energy Medicine practitioner, and teacher for the International Network of Esoteric Healing.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Kelly Kempter is a Massage Therapist and Bodyworker, and a graduate of Irene's Myomassology Institute with advanced training and practice in Thai Massage and Shiatsu.

Karen Kerns has practiced Polarity for 27 years and has a private practice in Ann Arbor.

Diane Kimball, BA, MA, is a yoga instructor who began her Iyengar practice in the 1970's.

Carole Kirby, LMSW, has over 30 years experience as therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter specializing in couples therapy, but also works with individuals, families, and groups.

Cindy Klement, MS, CNS, is a health educator with nearly 30 years experience who has served over 3,200 clients as a nutritionist and herbalist. She conducts corporate wellness seminars, faith-based health seminars for churches, holds private classes, and has taught day-long seminars in 110 cities across the U.S. for the past nine years.

Amy Koch, PT, is an experienced shamanic sound healer and channel, energy worker, and insight meditation practitioner. She has lead groups in chanting, toning, and sonic prayer, and teaches meditation and breath awareness as part of her holistic healing practice.

Markus Koch is a former NFL player, certified yoga instructor, massage therapist, and student of Jin Shin Do Bodymind Acupressure. He practices acupressure and reflexology at Whitecrane Therapeutics, which has offices in Chelsea, Jackson, and Ann Arbor.

Dave and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Lucinda Kurtz, MA, is a certified Brennan Healing Science Practitioner and former professor of Women's Studies who has studied Kabbalah from a feminine perspective. She combines her experience in healing, shamanic, and bioenergetic practices with her exploration of women's ways of knowing.

Joan Kusak, IHM, is a teacher and spiritual director at River House - IHM Spirituality Center.

Rev. Eric Law is founder and executive director of the Kaleidoscope Institute for Competent Leadership in a Diverse Changing World, a ministry of the Diocese of Los Angeles, which provides basic leadership training for building inclusive community, community transformation, church vitality, and stewardship.

David Lawson has practiced various forms of meditation since 1985 and has taught insight meditation since 1998 in meditation retreats, classes, workshops, prison, university and community education settings.

Kevin Laye is an author, trainer, and practitioner trained by TFT founder Rodger Callahan. He is from London and his clients have included Leonardo DiCaprio, Kevin Spacey, and Robert DeNiro, as well as British pop stars and war veterans.

Leslie Science & Nature Center is a nonprofit organization that provides environmental education programs for children, families and other individuals in southeast Michigan. LSNC's grounds with live raptor enclosures, a Critter House, and wooded hiking trails are open and free to the public every day.

Frank Levey is a certified breathwork facilitator, meditation instructor, and co-director of Blue Turtle Nature Camp in Ann Arbor.

Jack and Susan Lewis are spiritual teachers with an intuitive ability to help others become connected and aware. They are light workers, and aura photographers and interpreters.

Pam Lindberg holds an Introductory II Certificate from the U.S. National Iyengar Yoga Association and has been teaching for nine years.

Ellen Livingston studied Raw Nutritional Science with Dr. Doug Graham and Professor Rozalind Gruben Graham, has more than 20 years of independent research on the topics of health and nutrition. She teaches yoga and raw food classes.

Marina Lualdi is a life-long dancer. She teaches yoga to enhance her dance technique and live a more grounded, optimistic life.

Jeanne Mackey, MSW, is workshop leader, musician, and elder-in-training whose influences include wilderness rites of passage, earth-based spirituality, and the Transition Towns movement. Her most recent cd is titled "Drop the Knife".

Susan Major is an EFT Practitioner and Trainer, and certified FAST Reading Specialist and tutor for 30 years.

Herbert Malinoff, MD, FACP, FASAM, is a specialist in chronic pain and addictive illness. He is Medical Director of Pain Recovery Solutions, an attending physician at St Joseph Mercy, a clinical faculty member of the U of MI Medical Center in the Dept. of Anesthesiology, and consultant to MI Pain Specialists.

Lynn Kleiman Malinoff, EdD, is director of EMU's 21st Century Community Learning Centers Bright Futures programs and teaches graduate courses at EMU. She has worked with challenged youth and their families for over 35 years.

Manzanitas is a Spanish immersion preschool with a bilingual staff who celebrates all Spanish-speaking cultures.

Gloria Mathiesen, MA, LMT, NCTMB, is a Usui Reiki Master/Teacher and a provider for NCBTMB.

Barbara Niess May, MPA, MSW, is the Executive Director of SafeHouse Center and has worked toward supporting survivors of sexual assault and domestic violence since 1996 in various capacities.

Jane McClaren is founder of Avastar Intl. Institute, Systemic Family Constellations facilitator and teacher, energy healer, and Avatar master, and leads workshops and retreats.

Barb McConnell, LPN, is a Certified Healing Touch Practitioner and Instructor for Levels 1-4. She has over 30 years experience in clinical and industrial nursing with a private practice in Grass Lake.

Molly McMullen-Laird, MD, has over 20 years of medical experience and extensive training in anthroposophical medicine. She specializes in internal medicine with an emphasis on nutrition.

Quentin McMullen, MD, has over 20 years of medical experience and extensive training in anthroposophical medicine. He specializes in internal medicine with an emphasis on chronic illnesses and cancer.

William Meader is a teacher in the U.S., Canada, Europe, Australia, and New Zealand who focuses on spiritual creativity and evolution of consciousness. He is author of *Shine Forth: The Soul's Magical Destiny*.

Junko Meschievitz is in Waldorf Early Childhood Training with Chuck Barbieri, Early Childhood Teacher and Outdoor Educator.

Teachers, Lecturers, Workshop Leaders and the Centers

Kimberly Cardeccia's Equine Inspired Mindfulness workshops allow people the opportunity to learn about and experience mindfulness with horses. Mindfulness can be described as open, active attention on the present moment. She is a licensed mental health counselor, as well as an experienced equestrian. (For more information, see Kimberly's listing under the Animals & Pets section of the Calendar on page 85.)

Michigan Tai Chi Association has provided Tai Chi classes in Southeast Michigan for over 20 years.

Kathy Moore, MAmSAT, has a Bachelor's in Music and is a Certified Music Therapist, a Certified Teacher of the Alexander Technique, a voice teacher for 25 years, singer, songwriter, and writer.

Ed Morin is a poet and former English teacher at area universities and colleges.

Malena Morling and **Michael McGriff** are poets who share collaborative work as co-translators of 2011 Nobel Prize winner, Swedish poet, Tomas Transtromer.

Nan Moss and **David Corbin** of Maine are shamanic teachers, Foundation for Shamanic Studies Faculty, and authors of *Weather Shamanism: Harmonizing Our Connection with the Elements*.

Irena Nagler is a performer and director with Nightfire Dance Theater, Storydance, and Polyfonica Duo. She teaches environmental dance and facilitates dream circles.

Dana Norris is a sound and energy healer and intuitive with certification in Healing Sounds Intensive Program by Jonathan Goldman and the Sound Healers Association.

Jim Novak has hosted Songwriters Open Mic and produced the tv program since 1996. He recently performed in Germany and China.

Jan Novotka is a retreat facilitator, songwriter, wilderness fast guide, and liturgist, and is certified as a spiritual director.

John Orr received his training in Thailand and India and was a Buddhist monk for eight years. He has been teaching meditation since 1979 and lives in North Carolina where he does transpersonal counseling and teaches at Duke.

Connor Otto is a performer, therapeutic bodyworker, movement instructor, dancer, and yogi. He is a graduate of the Ann Arbor Naturopathic School of Healing Arts' bodywork program.

Ruth Owens has been a massage therapist for over 15 years using deep tissue, Swedish, and stone therapy. A Reiki Master, she has also learned the art of quantum touch and crystal therapy.

Glenn Pailthorp is a clairvoyant reader, counselor, and Hypnotherapist trained in spiritualist and shamanic traditions. He is certified in NLP for over 17 years.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and gatekeeper of the Wu style.

Partners in Healing is a psychotherapy training partnership that teaches the art of attuned psychotherapy based on the latest research in neuroscience.

Ann Marie Petri, OP, a Dominican Sister of Adrian, has pastored a parish in the Lansing diocese for 17 years as a Pastoral Coordinator. For over 30 years, she has been involved in catechist formation in Lansing.

Sally Pinchock is a student of metaphysics, a spiritual seeker, and Reiki practitioner.

Quest Martial Arts is a community-based school that's been holding fun and exciting classes for more than 16 years.

Diana Quinn, ND, is a licensed naturopathic doctor specializing in women's heath and preventive medicine.

Judy Liu Ramsey has practiced animal communication for eight years. She provides animal loss grief support as well as shamanic healing for animals, and was trained and mentored by Penelope Smith and Teresa Wagner.

John Rasmussen is certified in Nutrition as a Raw Food Chef by Andrea McNinch and holds a Certificate in Food for Life Diabetes Series, a nutrition program of the Physicians Committee for Responsible Medicine.

Joan Marie Recker, a Sister of Notre Dame from the Toledo province, is currently in ministry at Lial Renewal Center in Toledo. Her past ministries involved teaching, initial formation work, and provincial/congregational leadership in Toledo and Rome.

Teachers, Lecturers, Workshop Leaders and the Centers

Tristin Resinger of Akua Esthetics is a licensed esthetician who completes 100 hours of continuing education per year.

Gelek Rimpoche is Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Joel Robbins, Dipl OM, is a certified Taichi, Bagua, and Qigong instructor who has been teaching since 2004. He has a Master's in Acupuncture and Oriental Medicine and is a registered acupuncturist.

Barbara Robertson is the Director/Owner of The Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator.

Libby Robinson, PhD, MSW, has been practicing mindfulness since 1979, has been trained by Jon Kabat-Zinn and colleagues, and has been teaching since 2003. She is also a Research Assistant Professor at the Univ. of MI Addiction Research Center.

Amy Romano has a rich career in maternal health as a clinician, research analyst, and educator at the Yale School of Nursing in the nurse-midwifery program.

David Rosenberg, certified Iyengar Yoga instructor, has been teaching since 1993. He traveled to India to study at the Ramamani Iyengar Memorial Yoga Institute in Pune in 1996.

Anita Rubin-Meiller, LMSW, and **Robert Piper**, LMSW, are psychotherapists in private practice who have been cultivating personal mindfulness practices for a number of years. Anita has many years experience facilitating groups for sexual trauma survivors and weaves the healing power of meditation and guided imagery into much of her therapeutic work.

Jonathan Rudinger, RN, LMT, and founder of PetMassage, has worked in the canine massage areas since the mid 1990's. He facilitates workshops and home study courses.

The Rudolf Steiner Health Center was established in 2003 as a treatment, training, and research center based on the anthroposophical worldview.

Merilynne Rush is a midwife, community activist, and educator about natural death care options, including home funeral and green burial. She is author of the eBook *Home Funeral Guides: Illuminating the Path*, with past experience as a homebirth midwife and hospice nurse.

Barbara Boyk-Rust, PhD psychologist, works with individuals and groups to foster self-understanding and self-awareness. Her focus is supporting individuation, consciousness, and authentic self-expression.

James Rust, MSW, LMSW, individual and family psychotherapist, works with a wide range of clients on matters related to health, family, and work. He emphasizes reducing stress, personal empowerment, and attaining increased balance in living.

Sue Salaniuk, Sally Rutzky, Alicia Rowe, and **Kirsten Brooks** are Iyengar Yoga instructors. Sue holds a Senior Intermediate I Certificate and has taught for 27 years, Alicia and Sally hold Introductory II levels, and Kirsten has passed Introductory I level on her way to being certified.

Ed Sarath is Professor of Music in the Dept. of Jazz and Contemporary Improvisation, of which he was the founding faculty member and chair (1987-2007), at the Univ. of MI School of Music, Theatre, and Dance. He is also Director of the Univ. of MI Program in Creativity and Consciousness Studies.

Judy Sauer is founder of JDS Food Solutions and author of the cookbook, *Foot Loose and Gluten-Free*. She coaches adults and children in dietary changes and has taught elementary school for 28 years.

Jason Schwartz, LMSW, CAADC, is clinical director of Dawn Farm**.**

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Megan Sims is a certified Brown Belt Nia instructor with a BFA in dance and a Masters of Psychology.

Lynn Sipher, LMSW, has provided individual, couple, and family therapy for over 25 years. She has been teaching mindfulness-based classes and workshops for seven years and is partnering with Journeys International to offer mindful travel.

Joan Skolimowski currently teaches at VEO Art Studio. She has taught the art of mandala making for the past 15 years in Sweden, Poland, Greece, India, and the U.S.

Laszlo Slomovits is one of the twin brothers in Ann Arbor's nationally known folk duo, Gemini.

Debbra Snyder, MS, LLP, CAADC, CCS, is Assistant Director of Adult Behavioral Health, The Guidance Center, and the former coordinator of Dawn Farm's Outpatient and Daybreak Adolescent programs.

Kathy Squiers is an artist, scientist, gardener, dancer, and seeker with a background in landscape ecology, comparative religious studies, archetypal mythologies, meditation, and yoga.

Joan St. John conducts paranormal investigations with international ghost hunter and paranormal activity documentor, Robb Kaczor, founder of Other Side Paranormal Investigations, communicating with entities, discovering their stories, and why they remain seemingly locked on this plane.

Gari Stein has been an educator and consultant since 1966. She is the owner of Music For Little Folks for children birth to 8 and their families and is an active member of the early childhood community with degrees in Child Development and Dance.

Ema Stefanova is a self-realized yoga and meditation master, author, healer, and tireless educator appointed by her gurus to teach in 1979. She has also served as Univ. of MI Integrative Medicine Referral Practitioner for many years.

Judy Stephens is a Reiki Master, Teacher, and Practitioner, with continued studies in Karuna Reiki, Reiki Drumming, Crystal Healing, and Spiritual Response Techniques and Spiritual Restructuring.

Janene Ternes is a commissioned spiritual director who founded Prayer in Motion in 2003. She teaches workshops to inspire holistic forms of prayer.

Tanya Thunberg, LMSW, ACSW, RYT, is a Holistic Psychotherapist, Yoga teacher, and Thai Bodyworker. She is a graduate of Blue Lotus Thai workshop series in Ann Arbor and founded Spirit Moves.

Stephanie Tighe, MSW, has taught throughout the U.S., Canada, and Russia, and has an established shamanic healing practice. She co-founded Spirit Weavers, an organization devoted to providing experiential training in Shamanism, and offering shamanic healing.

Mary Tillinghast is the mother of four chldren raised on homeopathy. As manager of Castle Remedies for 30 years, she received hands-on training with Dr. Lev Linkner.

Judy Lee Trautman is a certified leader of dances, an initiated Sufi, and ordained Sufi Cherag.

Martha Travers, PhD, teaches Contemplative Studies at the Univ. of MI.

Richard Tucker coordinates an international network of research on the environmental impacts of wars and military establishments at Univ. of MI. He also works with several peace and environmental organizations.

Jody Tull is a Sivananda, 500 level, yoga instructor who is passionate about meditation chanting and yoga philosophy. She received her Masters in Music Education from Columbia and has 16 years of international music and yoga teaching experience.

Karen Ufer is certified in Iyengar yoga with over 30 years of teaching experience.

Mary Fran Uicker serves as Coordinator of IHM Campus Spirituality in Monroe and has a background in education, pastoral ministry, and expressive arts.

Joy Van Bael, CMT, RYT, has been providing massage therapy to the community for ten years.

Cam Vozar is a psychotherapist in private practice for over 25 years, and has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Will Weber graduated from Univ. of WI in 1970, spent three years as a teacher and environmental specialist in the Peace Corps in Nepal, and received his PhD in Natural Resources from Univ. of MI. In 1978, he and his wife took their first group of travelers to Nepal, beginning the 35 year adventure of Journeys International.

Suzy Wienckowski is Reiki Master and Registered Massage Therapist who has over 30 years experience in healing arts, with Reiki as a focus since 1993. She teaches traditional Usui Reiki Healing and is a member of the Reiki Alliance.

Debra Williams is a nationally certified massage therapist and bodyworker, practicing Reiki, massage, reflexology, and craniosacral therapy.

Eve Wilson, Director of The Healer Development Program, UCM Healer Practitioner, and Reiki Master, has been a healer and trainer of healers since 1986. She is also a natural intuitive able to read body, aura, and soul to address disease at its root cause.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor, Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, and Certified Transformational Breath Facilitator since 2004.

Grace Worth is a longtime student of and speaker about Rudolf Steiner, specializing in education.

The Yoga Room offers an alternative to commercial studios and gyms, with a class size of 12 people maximum to allow for individual attention.

The Yoga Space teachers are all certified by the Iyengar Yoga Association of the U.S. Their experience ranges from 9 to 30 years.

Dana Young, PhD, has worked with scientists, physicians, and specialists on essential oils and has been involved in every step of the cultivation and manufacturing of essential oils with 18 years experience.

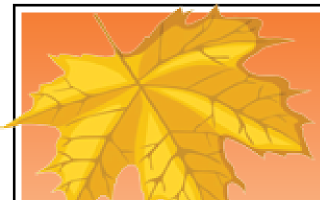
Wasentha Young has been a practitioner of tai chi, qigoing, and different styles of meditation since 1968. She also has experience in African and Native American healing arts and holds certificates in acupressure/traditional Chinese medicine theroy, and mind/body counseling.

Sara Zabawa is a registered yoga instructor who is devoted to holistic yoga practices that address the mind, body, and spirit.

Karlta Zarley, RN, CHTP, has over 30 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 15 years as a professional healer and educator.

Lisa Zucker began meditating in 1999 and has been practicing Vipassana with Deep Spring Center since 2001. She joined the teacher training program in 2006 and has since taught classes in meditation.

Zina Zumeta, a mediator since 1981 and trainer of mediators, is president of the Mediation Training Consultation Institute, Zena Zumeta Mediation Services, and The Collaborative Workplace in Ann Arbor.



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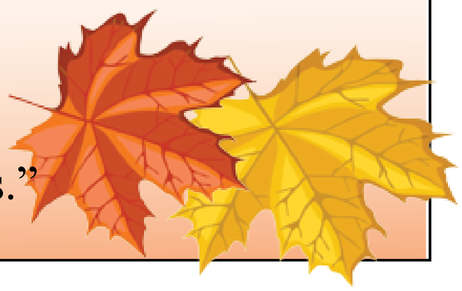

“May all be happy. May all be free from ills.
May all behold only the good. May none be in distress.”

-Nobel laureate Bengali poet Rabindranath Tagore

HomeGrown Festival

AT THE ANN ARBOR FARMERS MARKET

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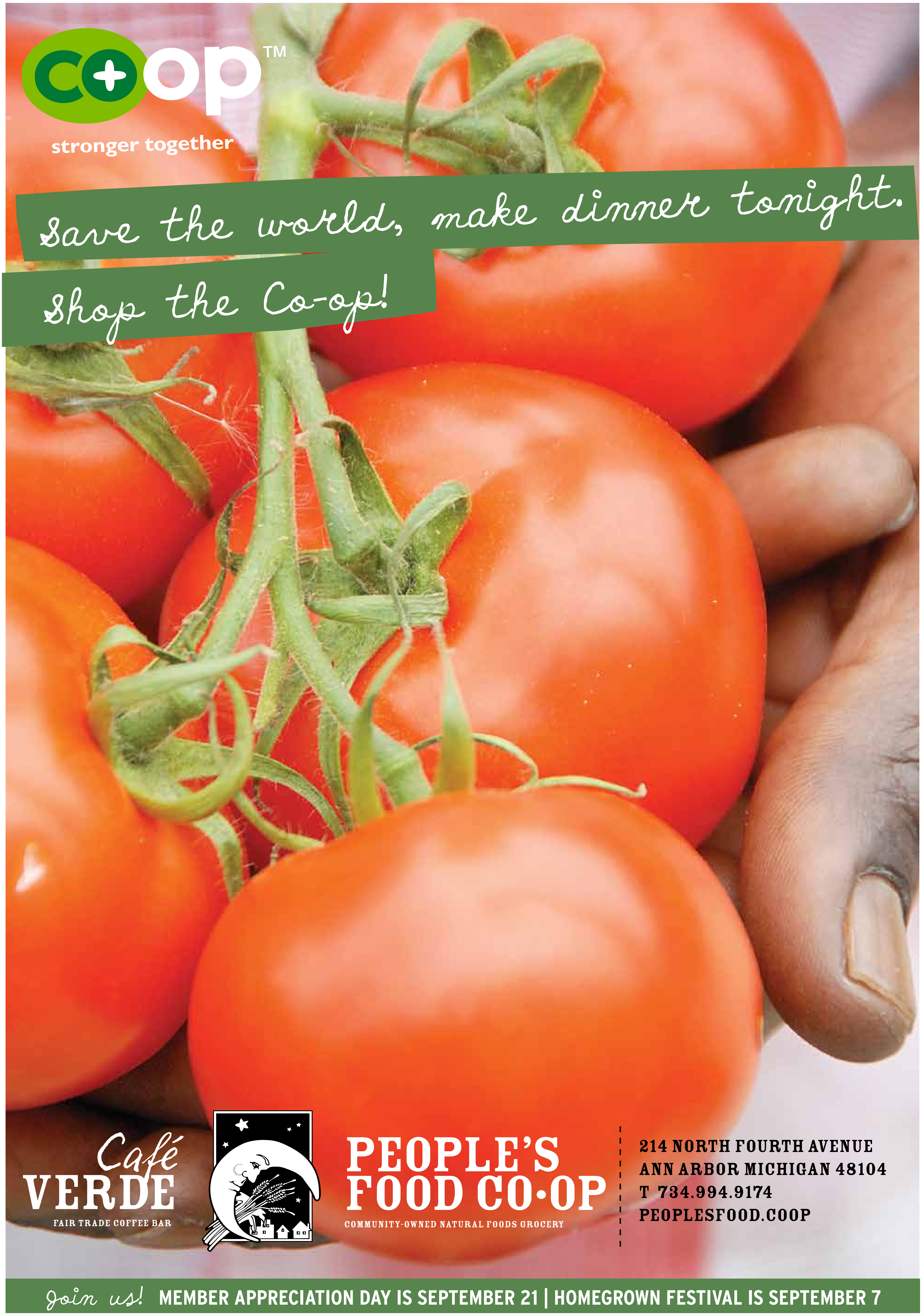

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join us! MEMBER APPRECIATION DAY IS SEPTEMBER 21 | HOMEGROWN FESTIVAL IS SEPTEMBER 7